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ABSTRACT

This paper presents the results of a survey that determined the risk behaviors of Washington adolescents. The Washington State Survey of Adolescent Health Behaviors (WSSAHB) provides information about a variety of behaviors that impact student health: the use of tobacco, alcohol, and other drugs; diet and physical activity; safety and violence; sexual behaviors; and suicide. The survey was administered anonymously to a total of 15,463 sixth-, eighth-, tenth-, and twelfth-graders from 144 Washington public schools during December 1992 through February 1993. Participation was voluntary. The analysis demonstrates associations among student behaviors; however, it does not show causality. The findings do indicate that relationships exist among student use of alcohol and other drugs, violence-related behaviors, sexual behaviors, and suicidal ideation and attempt. Students who said that they had been physically and sexually abused were more likely to report having thoughts about committing suicide than those who had not been abused. The analysis also identified differences between males and females and between students living in rural and nonrural areas. Thirty tables and 31 figures are included. Appendices contain a summary report and information on the development of special scales. Contains 23 references. (LMI)

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Relating Risk Behaviors: Selected Analyses of the Washington State Survey of Adolescent Health Behaviors

Eric L. Einspruch, Ph.D.

March 1994

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This report was written by Eric L. Einspruch, Ph.D.

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RELATING RISK BEHAVIORS: SELECTED ANALYSES OF THE WASHINGTON STATE SURVEY OF ADOLESCENT HEALTH BEHAVIORS

March 1994

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Executive Summary

For the past several years there has been interest in the state of Washington in monitoring the student use of alcohol and other drugs. This has led to the regular administration of a survey of students in a sample of schools from across the state. Since the use of alcohol and other drugs may be related to other behaviors, the survey was expanded during the most recent administration to include questions regarding several other adolescent risk behaviors. This expanded survey was the product of a collaborative effort between the Office of Superintendent of Public Instruction (OSPI), the Department of Health (DOH), and the Northwest Regional Educational Laboratory (NWREL). The results of the Washington State Survey of Adolescent Health Behaviors (WSSAHB), based on the responses of 15,463 students from 144 public schools, provide information about a wide variety of behaviors that have an impact on student health. (Out-of-school youth were not included in the survey.)

The purpose of this report is to present the results of some additional analyses of the data collected during the 1992 administration of the WSSAHB. The analyses focused primarily on examining the relationships of items from different areas of student health, for example, the relationship between alcohol use and weapon carrying. A few of the analyses simply focused on differences in the responses of different students on given questions, for example, the difference between males and females in self-perceived body weight. The results of these analyses are grouped within five topic areas: tobacco, alcohol and other drugs; diet and physical activity; safety and violence; sexual behaviors; and suicide. It is important to examine the relationships among adolescent health behaviors since not only have various studies shown the existence of these relationships, but also because of the link between these behaviors in the perceptions of students themselves. The selection of topics included in this report, and the identification of the items to be included in the analyses, was the product of a collaborative effort between members of NWREL and key stakeholders at OSPI and DOH.

In reading this report, it is important to remember that all of the results are associational, that is, they show the presence (or lack of) related behaviors. However, association is necessary, but not sufficient, to establish causation. While the results of these analyses are important in highlighting related behaviors, under no circumstances should the results be interpreted as "behavior A causes (or leads to) behavior B."

Tobacco, Alcohol and Other Drugs

The use of tobacco, alcohol and other drugs remains of great concern to citizens across the country. Although progress has been made from 1988 to 1992 in reducing the percentage of students in Washington who report moderate to high use of alcohol, the figure remains unacceptably high. However, similar progress has not been achieved with moderate to high drug use. In addition, the regular use of both smoking and smokeless tobacco among tenth-grade students has increased across the three survey administrations. The following results help to better understand student use of tobacco, alcohol and other drugs.

- Students who worked more hours at a part-time job were also more likely to be moderate or high users of alcohol and other drugs.

- Sixth-grade males were more likely to have tried smoking tobacco. However, twelfth-grade females were more likely than males to be regular users of smoking tobacco, while males were more likely than females to be regular users of smokeless tobacco.

- While there were essentially no differences in the patterns of smoking tobacco use among students from rural and non-rural schools, students in rural schools were heavier users of smokeless tobacco.

- Students who reported having been physically or sexually abused were more likely than those who did not to also report higher levels of alcohol and other drug use.

Diet and Physical Activity

There are many reasons to be interested in the diet and physical activity patterns of Washington's youth. These patterns are associated with five of the ten leading causes of death: coronary heart disease, some cancers, stroke, non-insulin-dependent diabetes mellitus and arteriosclerosis. In addition, physical activity has been associated with lower risks for coronary heart disease, diabetes, osteoporosis, hypertension and depression.

- In all four grades, females were less likely than males to think of themselves as being about the right weight, and more likely to think of themselves as being too fat. In contrast, males were more likely than females to think of themselves as being too thin.

Safety and Violence

Washington State, like the nation as a whole, is increasingly concerned about youth safety and violence. This concern is well founded, given that violent crimes committed by Washington youth have more than doubled in the past ten years despite a 3 percent decrease in this population. While vehicle-related deaths are the leading cause of mortality among Washington youth, suicide is the second leading cause, followed by homicide (however, homicide is the leading cause among African-American youth). The following findings relate weapon carrying to alcohol and other drug use, physical abuse and sexual abuse.

- The higher the level of student use of alcohol and other drugs, the more likely that students had carried a weapon during the past month, or that they had ever carried a weapon to school.

- Males were more likely than females to have carried a weapon during the past month, to have ever carried a weapon to school, and to have been in a fight during the past year which resulted in injuries which required medical attention.

- Students who reported having been physically abused were more likely than those who had not to also report weapon carrying and fighting.

- Students in grade eight who reported having been sexually abused were more likely than those who had not to report having carried a weapon to school, and also fighting

- Among twelfth-grade students, those in non-rural areas were more likely than those in rural areas to report wearing a seatbelt when riding in a car or truck driven by someone else. This was also true among tenth-grade students, but the difference is small enough not to be practically significant.

- Among eighth-, tenth- and twelfth-grade students, those who live in rural areas were less likely to have worn a helmet when riding a bicycle, than students in non-rural areas.

- Among eighth-, tenth- and twelfth-grade students, those who live in rural areas were more likely to have ridden a motorcycle in the past year, and were also more likely to have always worn a helmet, than students in non-rural areas.

Sexual Behaviors

In today's society not only are youth increasingly under pressure to engage in sexual activity, but the risks associated with these activities have become ever greater. In particular, the threat of HIV/AIDS poses what may be the ultimate risk: that of death. Youth are also subject to physical and sexual abuse, and may bear the consequences of this abuse for many years. The analyses presented below detail differences in sexual behaviors between males and females, and show the association between sexual and physical abuse and sexual behaviors. Differences in condom use by rural and non-rural students are also shown.

- Females were more likely than males to report having ever been sexually abused

- Among eighth- and tenth-grade students, males were more likely than females to report having ever had sex, although the reverse was true among twelfth-grade students. Males were also more likely than females to report early initiation of sexual activity, and having had multiple partners.

- Among those tenth- and twelfth-grade students who have had sex, males were more likely than females to report having used a condom to prevent sexually transmitted diseases.

- Students who reported having been physically or sexually abused were more likely than those who did not to also report having been sexually active, having initiated sexual activity at an earlier age, and having had multiple partners.

- Eighth- and tenth-grade students living in rural areas and in non-rural areas were equally likely to report having ever had sexual intercourse. However, rural twelfth-grade students were more likely to report having had this experience.

- Students who expected to graduate from college were less likely to have engaged in sexual intercourse than those who did not expect to graduate from college.

- The higher the level of student use of alcohol or other drugs, the more likely they were to report having ever had sexual intercourse.

Suicide

Suicide is the second leading cause of death among Washington's youth (following death caused by motor vehicles). Nationally, suicide rates are the most rapidly increasing cause of death among adolescents, having quadrupled over the last forty years. Factors that are found to contribute to the likelihood of suicide attempts include: depression, loss of support system, loss of family status, alcohol and/or other drug use, and loss of relationships. The results presented below explore the relationship between suicide and physical abuse, sexual abuse, alcohol and other drug use, participation in extracurricular activities, and various academic behaviors. Gender differences in suicidal ideation and attempt are also presented.

- Students who had ever been physically or sexually abused were more likely to report having thought about committing suicide than those who had not been abused.

- Eighth-grade females were slightly more likely to have attempted suicide during the past year. Tenth- and twelfth-grade males and females were equally likely to report having attempted suicide during the past twelve months.

- Higher levels of alcohol or other drug use were associated with increased likelihood of suicidal ideation or attempted suicide.

- Among tenth-grade students, participation in extracurricular activities was associated with decreased likelihood of suicidal ideation or attempt. For eighth-grade students, a similar association existed with participation in activities out-of-school activities and suicidal ideation.

- Students who reported valuing school, and having a stable school experience, were less likely than those who did not to report thinking about suicide or attempting suicide.

Conclusion

In this report, several analyses were done to examine relationships between the various topics covered by the 1992 administration of the WSSAHB. Other analyses detailed differences in the responses between males and females and between students living in rural and non-rural areas. The results clearly show that relationships exist between student use of alcohol and other drugs, violence-related behaviors, sexual behaviors and suicidal ideation and attempt. These results provide information gathered directly from students living in Washington State. Thus, the information contained in this report is immediately useful for those involved in the planning and implementation of services for elementary and secondary students throughout the state.

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The 1992 administration of the Washington State Survey of Adolescent Health Behaviors represented a collaborative effort among state programs. Many thanks to Carol Strong from the Washington State Office of Superintendent of Public Instruction, whose leadership and significant effort were critical in the successful administration of this survey. Pamela Tollefsen from the Office of Superintendent of Public Instruction, and Judy Schoder, from the State Department of Health, whose key contributions were invaluable in ensuring the success of this survey, also deserve special thanks.

The report you are about to read, which looks at associations among adolescent health behaviors, reflects a continued collaboration between state programs and funding sources. Again, many thanks to Carol Strong, Pamela Tollefsen and Judy Schoder, who made up the primary planning team for the report. This report has been supported through funding to the Superintendent of Public Instruction from the U.S. Department of Education, the U.S. Centers for Disease Control and Prevention, and from the State Department of Health.

Thanks are due to members of the Northwest Regional Educational Laboratory for their support of this project, especially Judith Johnson, Dean Arrasmith and Jim Pollard. In addition, special thanks to Marjorie Wolfe, who formatted the text and created the tables and graphs in this report.

Introduction

For the past several years there has been interest in the state of Washington in monitoring the student use of alcohol and other drugs. This has led to the regular administration of a survey of students in a sample of schools from across the state (Deck and Nickel, 1989; Gabriel, 1991). Since the use of alcohol and other drugs may be related to other behaviors, the survey was expanded during its most recent administration to include questions regarding several other adolescent risk behaviors. This expanded survey was the product of a collaborative effort between the Office of Superintendent of Public Instruction (OSPI), the Department of Health (DOH), and the Northwest Regional Educational Laboratory (NWREL). The results of the Washington State Survey of Adolescent Health Behaviors (WSSAHB), (Einspruch and Pollard, 1993), provided information about a wide variety of behaviors that have impact on student health. The results were based on the responses of 15,463 students from 144 public schools. (Out-of-school youth were not included in the survey.)

The state of Washington's concern is set within a broad national context of efforts which have been made in response to the widespread concern about adolescent health behaviors. The U.S. Congress passed the *Drug-Free Schools and Communities Act of 1986* which encouraged states and local education agencies to cooperatively plan with community agencies for comprehensive prevention, early intervention and treatment referrals for affected children and youth. In 1989 the nation's governors and the president initiated the *National Education Goals*. Goal number six states that by the year 2000, "every school in America will be free of drugs and violence and will offer a safe, disciplined environment conducive to learning." And in 1990 the U.S. Department of Health and Human Services, Public Health Service, addressed a variety of behaviors when it adopted its *Healthy People 2000: National Health Promotion and Disease Prevention Objectives*. The *Healthy People 2000* goals are threefold: (1) increase the span of healthy life for Americans, (2) reduce health disparities among Americans, and (3) achieve access to preventive services for all Americans.

The purpose of this report is to present the results of some additional analyses of the data collected during the 1992 administration of the WSSAHB. In particular, the analyses focused primarily on examining the relationships of items from different areas of student health, for example, the relationship between alcohol use and weapon carrying. A few of the analyses simply focused on differences in the responses of different students on given questions, for example, the difference between males and females in self-perceived body weight. The results of these analyses are grouped within five topic areas: *tobacco, alcohol and other drugs; diet and physical activity; safety and violence; sexual behaviors; and suicide*.

It is important to examine the relationships among adolescent health behaviors since not only have various studies shown the existence of these relationships (for example, see the review by Laws and Turner (1993) of studies showing the relationship between alcohol and other drug [AOD] use and suicide), but also because of the link between these behaviors in the perceptions of students themselves. In a study conducted by the federal departments of Health and Human Services, Justice, Education and Transportation (HHS, 1993), 160 high-risk youth, 70 parents and other

caregivers, and representatives of youth organizations were interviewed in focus groups. The purpose of these focus groups was to obtain information on views on smoking, alcohol and other drug use, pregnancy, HIV/AIDS and violence. One of the findings of this study was that "when youth talked about sex, alcohol, drugs and other risky behaviors, they did not separate behaviors but linked them. One behavior often led to another and several behaviors occurred at the same time." This and other findings led to the following policy recommendation in the report: "promote comprehensive and integrated health education programs that address linked risk behaviors simultaneously."

The selection of topics included in this report, and the identification of the items to be included in the analyses, was the product of a collaborative effort between members of NWREL and key stakeholders at OSPI and DOH. In considering which topics to pursue, and what analyses to perform for each topic, these stakeholders attempted to address questions which in their experience were unanswered in the literature, or which they were unable to answer when they were posed by audiences to which they have presented. Thus, this report provides information which should be immediately useful in the planning and implementation of student services.

In reading this report, it is important to remember that all of the results are associational, that is, they show the presence (or lack of) related behaviors. However, association is necessary, but not sufficient, to establish causation. While the results of these analyses are important in highlighting related behaviors, under no circumstances should the results be interpreted as "behavior A causes (or leads to) behavior B."

Those readers wishing to learn more about the results of the 1992 administration of the Washington State Survey of Adolescent Health Behaviors are encouraged to review Einspruch and Pollard (1993) for complete item-level results and a discussion of methodological issues. (For the convenience of the reader, item-level results have been included in Appendix A). Additional reports available through OSPI detail results at regional and county levels. For a complete discussion of adolescent health, see U.S. Congress, Office of Technology Assessment (1991).

Chapter 1. Tobacco, Alcohol and Other Drugs

The use of tobacco, alcohol and other drugs remains of great concern to citizens across the country. Although progress has been made from 1988 to 1992 in reducing the percentage of students in Washington who report moderate to high use of alcohol, the figure remains unacceptably high. The results of the WSSAHB showed that 2 percent of sixth-grade students, 10 percent of eighth-grade students, 30 percent of tenth-grade students and 46 percent of twelfth-grade students reported moderate to high alcohol use. However, similar progress has not been achieved in decreasing moderate to high drug use. From 1988 to 1992 these rates remained essentially stable, at 3 percent of sixth-grade students, 9 percent of eighth-grade students, 16 percent of tenth-grade students and 21 percent of twelfth-grade students. In addition, the regular use of both smoking and smoking tobacco among tenth-grade students has *increased* across the three survey administrations.

The U.S. Public Health Service has set several *Healthy People 2000* objectives regarding tobacco, alcohol and other drug use. Among them are:

- Reduce the initiation of cigarette smoking by children and youth so that no more than 15 percent have become regular cigarette smokers by age 20.
- Reduce smokeless tobacco use by males aged 12 through 24 to a prevalence of no more than 4 percent.
- Reduce the proportion of young people aged 12-17 who have in the past month used alcohol to 12.6 percent, marijuana to 3.2 percent and cocaine to 0.6 percent.
- Provide to children in all school districts and private schools primary and secondary school educational programs on alcohol and other drugs, preferably as part of quality school health education.

The following results help to better understand student use of tobacco, alcohol and other drugs. These results examine the relationship between part-time employment and use. They also illustrate differences in tobacco use between males and females, and between students in rural and non-rural areas.

> *Finding: Students who worked more hours at a part-time job were also more likely to be moderate or high users of alcohol and other drugs.*

For a variety of reasons, many students work at a part-time job during the school year. Some students simply want to earn extra money, while for others it is a matter of economic necessity. One question on the WSSAHB asked, "During the school year, how many hours a week do you work at a part-time job?" In response, 28 percent of the eighth-grade students, 33 percent of the tenth-grade students and 64 percent of the twelfth-grade students indicated that they held a part-time job during the school year.

Table 1-1 shows the percentage reporting different levels of drug use (as measured by a composite drug use scale which is described in detail in Appendix B) for students who worked differing numbers of hours each week. It is clear from this table that the greater the number of hours worked each week, the less likely students were to report low drug use, and the more likely they were to report moderate or high drug use. For example, while 64 percent of the twelfth-grade students who did not work reported no drug use, only 53 percent of those who worked over twenty hours per week reported no drug use. In contrast, 19 percent of the non-working twelfth-grade students reported moderate to high drug use, compared to 31 percent of the students who worked over twenty hours per week. This finding is illustrated in Figure 1-1. A similar finding is shown for alcohol use in Table 1-2 and Figure 1-2.

While it is easy to speculate on the reasons for the association between the number of hours students work at part-time jobs and their level of alcohol and other drug use, it is more difficult to truly assess these reasons. Nevertheless, these data clearly suggest that there is a role to be played by employers of youth in helping to establish appropriate workplace and community norms. Further information about drug-free workplaces can be found in several publications, such as those produced by the U.S. Department of Labor (1991) and by Backer (written in 1987 for the National Institute on Drug Abuse).

Table 1-1.
Relationship Between Number of Hours Worked and Use of Drugs

			Drug Use			
			None	Low	Moderate	High
Number Hours Worked						
Grade 8*	N = 3,500	None	78.8	13.7	4.9	2.5
	N = 726	1-4	76.4	13.1	7.2	3.3
	N = 356	5-9	70.8	13.5	9.8	5.9
	N = 157	10-20	58.6	25.5	9.6	6.4
	N = 105	Over 20	70.5	12.4	5.7	11.4
Grade 10*	N = 2,298	None	69.1	16.9	9.5	4.5
	N = 295	1-4	72.2	14.9	9.5	3.4
	N = 252	5-9	69.0	13.1	13.5	4.4
	N = 417	10-20	62.6	19.4	10.6	7.4
	N = 156	Over 20	49.4	19.2	17.3	14.1
Grade 12*	N = 832	None	63.5	17.1	13.3	6.1
	N = 138	1-4	72.5	17.4	8.7	1.4
	N = 225	5-9	58.7	21.3	13.3	6.7
	N = 689	10-20	62.6	16.5	14.2	6.7
	N = 436	Over 20	53.0	16.5	19.0	11.5

*p < .05

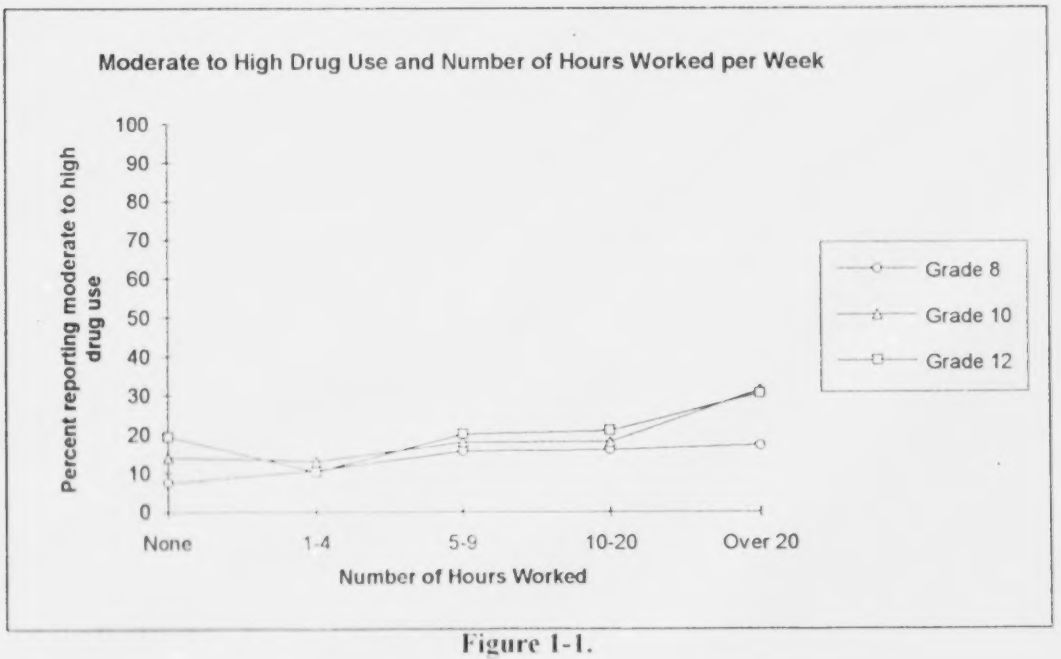

Figure 1-1.

Table 1-2.
Relationship Between Number of Hours Worked and Use of Alcohol

			Alcohol Use			
			None	Low	Moderate	High
Number Hours Worked						
Grade 8*	N = 3,389	**None**	46.6	45.5	4.0	4.0
	N = 701	**1-4**	43.5	48.1	4.7	3.7
	N = 338	**5-9**	37.0	48.5	7.1	7.4
	N = 152	**10-20**	28.9	48.0	11.2	11.8
	N = 101	**Over 20**	35.6	44.6	6.9	12.9
Grade 10*	N = 2,137	**None**	30.6	41.4	14.1	14.0
	N = 276	**1-4**	38.4	36.2	13.4	12.0
	N = 232	**5-9**	30.2	43.1	14.7	12.1
	N = 379	**10-20**	22.2	41.7	17.4	18.7
	N = 141	**Over 20**	17.7	31.2	14.2	36.9
Grade 12*	N = 744	**None**	22.7	34.0	15.7	27.6
	N = 129	**1-4**	31.0	34.1	15.5	19.4
	N = 197	**5-9**	19.8	39.6	19.3	21.3
	N = 614	**10-20**	17.4	35.0	26.4	21.2
	N = 386	**Over 20**	16.3	29.8	24.4	29.5

*$p < .05$

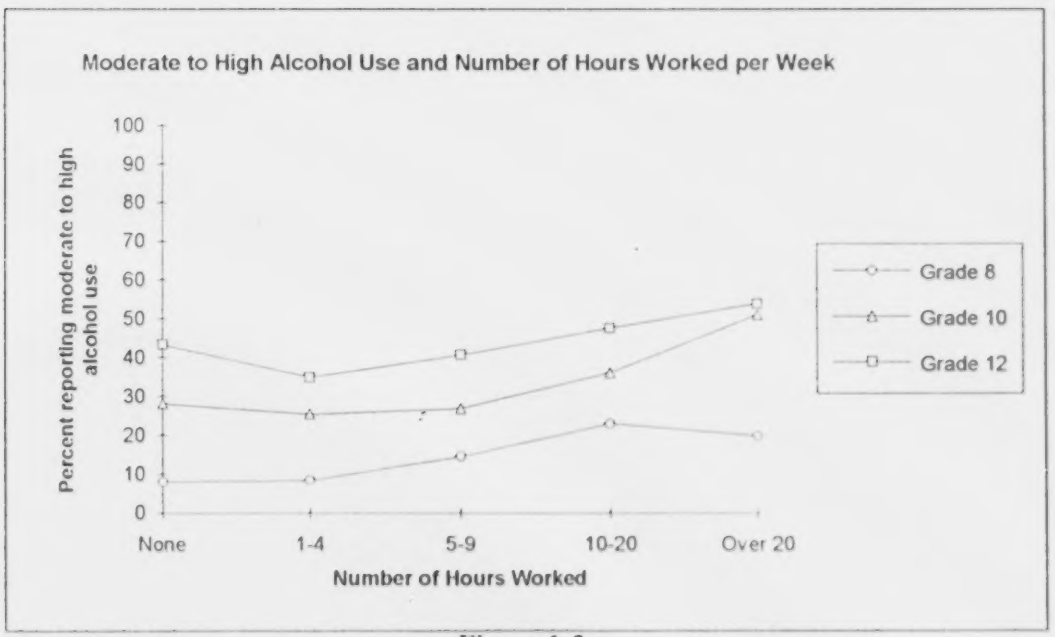

Figure 1-2.

Finding: Sixth-grade males were more likely than females to have tried smoking tobacco. However, twelfth-grade females were more likely than males to be regular users of smoking tobacco. Males were more likely than females to be regular users of smokeless tobacco.

Table 1-3 shows different patterns for smoking and smokeless tobacco use between males and females. Sixth-grade males were more likely to have tried smoking tobacco, but by twelfth-grade females were more likely than males to be regular users (monthly or more often) of smoking tobacco. However, the rate of use is high enough to be a cause for concern about the behaviors of *both* males and females.

In contrast, in all four grades males were more likely than females to be regular users of smokeless tobacco. For example, among twelfth-grade students, 20 percent reported regular use of smokeless tobacco, compared to less than 2 percent of the females. The results in Table 1-3 are illustrated in Figures 1-3a and 1-3b.

Table 1-3.
Gender Differences in Tobacco Use

		Smoking Tobacco Use*					Smokeless Tobacco Use**				
Gender	(N=)	**Never**	**Some**	**Monthly**	**Weekly**	**Daily**	**Never**	**Some**	**Monthly**	**Weekly**	**Daily**
Grade 6											
Male	2103	86.5	10.5	1.5	0.8	0.8	90.8	7.3	0.8	0.6	0.5
Female	2108	89.9	8.6	0.4	0.5	0.6	97.9	1.7	0.1	0.1	0.1
Grade 8											
Male	1917	69.8	20.1	3.6	2.5	4.0	79.0	14.7	2.5	2.1	1.7
Female	2116	68.4	19.9	4.3	3.1	4.3	93.8	5.0	0.4	0.4	0.4
Grade 10											
Male	1302	58.4	23.6	5.1	2.5	10.4	64.4	19.4	4.0	4.2	8.1
Female	1564	55.8	23.4	6.6	3.6	10.6	88.2	9.1	1.0	0.9	0.8
Grade 12											
Male	980	47.8	30.0	5.9	4.3	12.0	57.1	22.8	3.6	4.8	11.7
Female	1066	47.7	24.5	5.6	5.1	17.1	87.4	10.9	0.7	0.6	0.4

* Significant at $p < .05$ for grades 6 and 12

** Significant at $p \leq .05$ for all grades

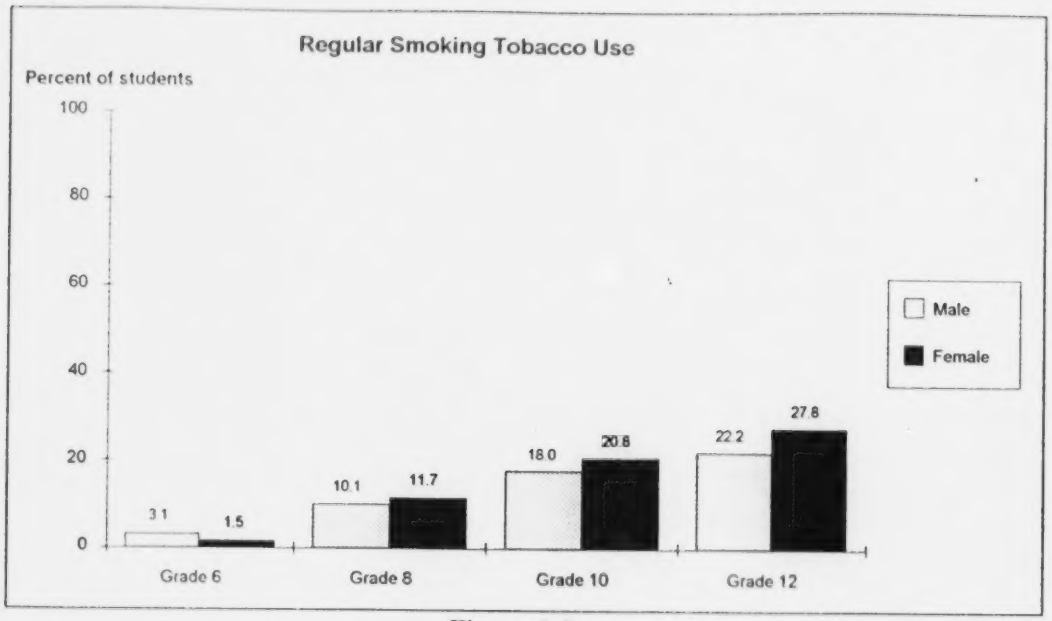

Figure 1-3a.

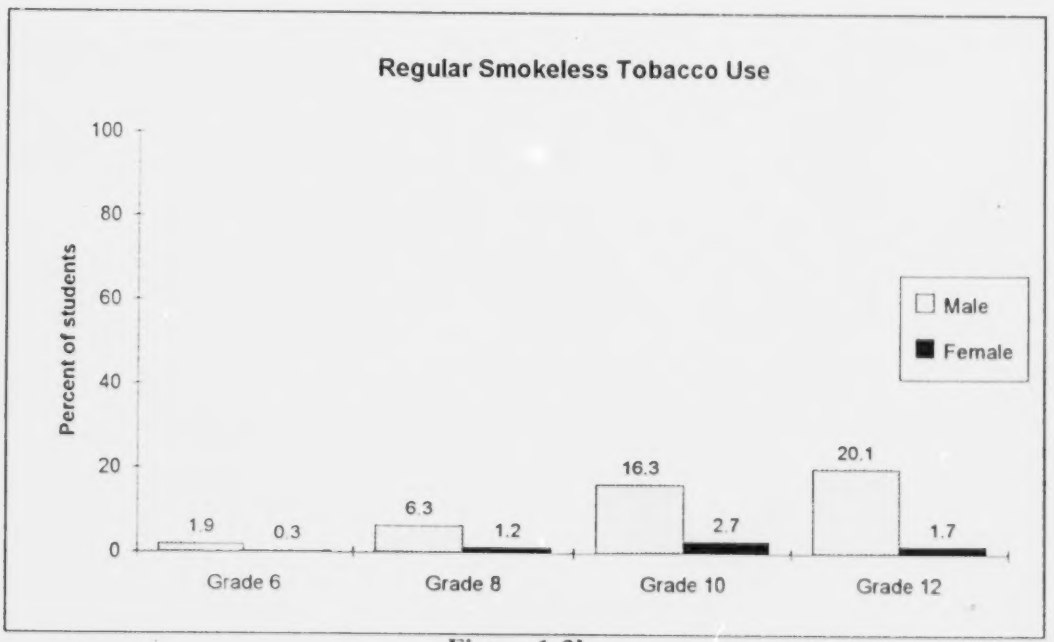

Figure 1-3b.

Finding: While there were essentially no differences in the patterns of smoking tobacco use among students from rural and non-rural schools, students in rural schools were heavier users of smokeless tobacco.

As shown in Table 1-4 and Figures 1-4a and 1-4b, there were virtually no differences in the use of smoking tobacco among students in rural and non-rural schools. However, rural students were heavier users of smokeless tobacco. It is, however, reasonable to conclude that the need to address student tobacco use exists throughout the entire state.

(Note: A school was defined as *rural* if the district it served had a population which was at least 75 percent rural as defined by the 1990 U. S. Census of Population and Housing. *Non-rural* districts have less than 75 percent rural population. This is obviously a rough estimate of rurality, but one that helps to distinguish the economic and social characteristics of schools. The census defines "urban" as places of 2,500 or more persons incorporated as cities, villages, boroughs and towns, but excluding the rural portions of "extended cities." "Urban" also includes other territory, incorporated or unincorporated, included in urbanized areas. Territory, population and housing units not classified as "urban" are considered "rural.")

Table 1-4.
Rural and Non-Rural Differences in Tobacco Use

		Smoking Tobacco Use*					Smokeless Tobacco Use**				
Rurality	(N=)	**Never**	**Some**	**Monthly**	**Weekly**	**Daily**	**Never**	**Some**	**Monthly**	**Weekly**	**Daily**
Grade 6											
Non-Rural	3190	88.8	9.1	1.0	0.4	0.6	95.1	3.9	0.4	0.3	0.3
Rural	1572	87.4	10.3	0.7	0.9	0.7	93.3	5.4	0.6	0.4	0.3
Grade 8											
Non-Rural	3515	70.0	19.0	4.0	2.8	4.2	88.2	8.8	1.3	1.0	0.7
Rural	1381	66.5	22.3	3.7	3.3	4.2	83.8	10.9	2.0	1.7	1.7
Grade 10											
Non-Rural	2399	56.6	22.9	5.3	3.7	11.6	78.7	13.2	2.4	2.1	3.5
Rural	1024	55.7	26.1	6.3	2.8	9.1	72.4	15.5	3.0	3.1	6.0
Grade 12											
Non-Rural	1556	48.3	24.6	6.0	5.0	16.1	74.0	15.9	2.1	2.7	5.3
Rural	769	45.5	30.4	5.2	4.4	14.4	68.2	19.6	2.7	2.3	7.1

* Significant at $p < .05$ for grade 10

** Significant at $p \leq .05$ for grades 8, 10, and 12

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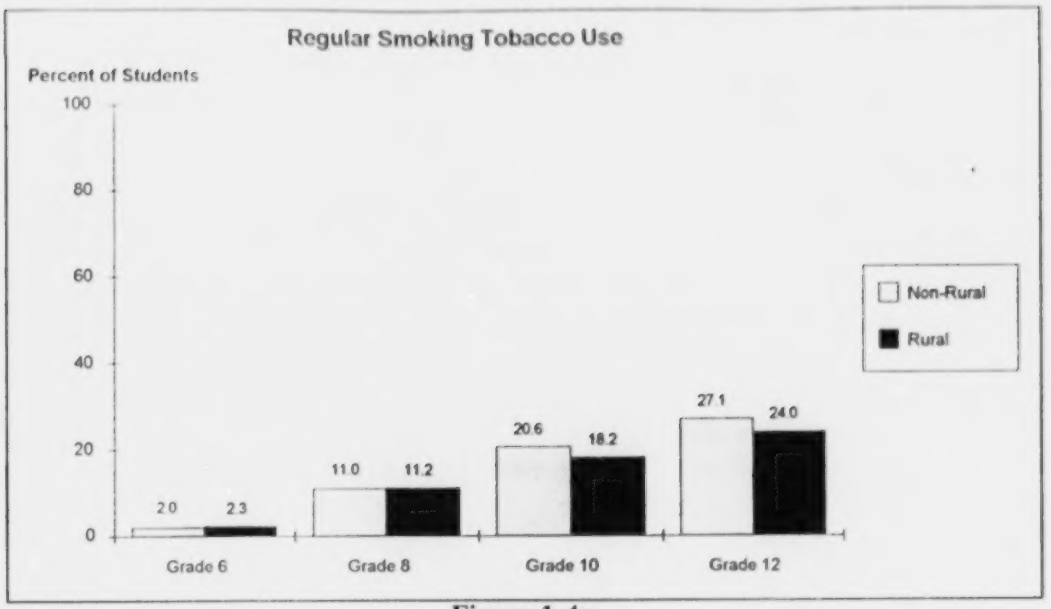

Figure 1-4a.

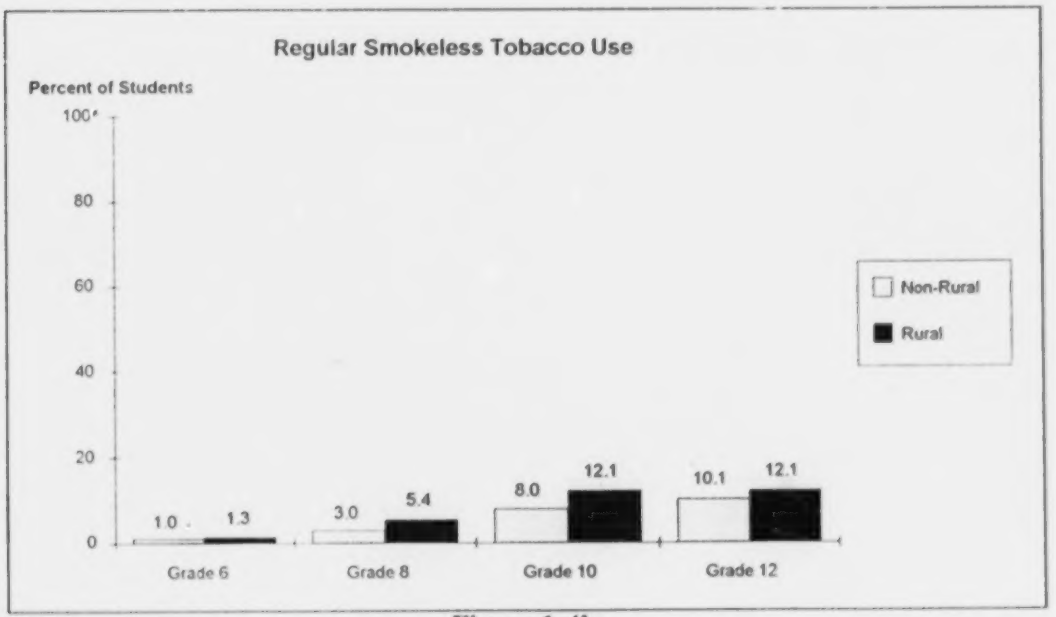

Figure 1-4b.

Finding: Students who reported having been physically or sexually abused were more likely than those who did not to also report higher levels of alcohol and other drug use.

As shown in tables 1-5 and 1-6, students who reported having been physically or sexually abused were more likely than those who did not to also report higher levels of alcohol and other drug use. For example, of those twelfth-grade students who reported having been physically abused, 46 percent reported no drug use, and 14 percent reported high drug use. In contrast, of those who reported not having been physically abused, 65 percent reported no drug use, and 5 percent reported high drug use. A similar pattern is seen for eighth- and tenth-grade students, and the pattern is repeated for alcohol use.

Table 1-5.
Relationship Between Drug Use and Physical and Sexual Abuse

	Ever Physically Abused*		Ever Sexually Abused*	
Drug Use	**Yes**	**No**	**Yes**	**No**
Grade 8	N=449	N=2297	N=348	N=2356
None	63.9	80.2	64.4	79.2
Low	21.2	13.5	20.4	14.0
Moderate	8.5	4.4	9.8	4.5
High	6.5	1.9	5.5	2.2
Grade 10	N=480	N=2102	N=428	N=2137
None	50.4	71.0	52.1	70.4
Low	19.2	16.8	20.8	16.7
Moderate	19.6	8.3	17.5	8.8
High	10.8	3.9	9.6	4.2
Grade 12	N=343	N=1424	N=323	N=1443
None	46.1	65.2	47.4	64.7
Low	18.4	18.2	19.2	18.0
Moderate	21.9	11.9	23.2	11.7
High	13.7	4.7	10.2	5.5

* $p \leq .05$ for all three grades

Table 1-6.
Relationship Between Alcohol Use and Physical and Sexual Abuse

	Ever Physically Abused*		Ever Sexually Abused*	
Drug Use	**Yes**	**No**	**Yes**	**No**
Grade 8	N=426	N=2234	N=330	N=2285
None	31.5	46.6	30.3	45.9
Low	54.5	45.9	55.2	46.4
Moderate	5.9	4.2	7.9	4.0
High	8.2	3.3	6.3	3.7
Grade 10	N=429	N=1950	N=379	N=1987
None	20.7	29.5	17.7	30.1
Low	36.4	41.3	39.1	40.7
Moderate	19.1	14.8	21.1	14.5
High	23.8	14.3	22.2	14.7
Grade 12	N=303	N=1269	N=273	N=1296
None	12.2	21.1	12.8	20.9
Low	36.3	33.2	37.0	33.3
Moderate	23.4	21.4	24.9	21.1
High	28.1	24.3	25.3	24.8

* $p \leq .05$ for all three grades

70 percent of the males, and only 55 percent of the females, thought they were about the right weight.

In all four grades most students were trying to do something about their weight (see Figures 2-2a and 2-2b). While many were trying to simply keep from gaining weight, many others were actively trying to change their weight. Clearly, males were much more likely than females to be trying to gain weight, while females were much more likely than males to be trying to lose weight. Again, that perceived body image is a concern for both males and females can be seen from the finding that by the time they reached tenth-grade, three out of five males were trying to do something about their weight, as were four out of five females.

Figures 2-3a-d show differences between males and females in their patterns of eating fruits and vegetables. What is clear in these results is that while there are statistically significant differences, they are so small as to not be significant from a practical point of view. In other words, a program designed to change this dietary behavior would be equally applicable to both males and females.

Figures 2-4a-d show differences in the exercise patterns of males and females. At all four grade levels, females are more likely than males to be non-exercisers or moderate exercisers, while males are more likely to exercise on a frequent basis. This may be seen most clearly for twelfth-grade students, where 15 percent of the males had not participated in hard exercise during the past week, compared to 30 percent of the females. In contrast, 48 percent of the males had participated in hard exercise during four or more days during the previous week, compared to only 28 percent of the females.

Given the differences between males and females in their perceived body image, their attempts to change their weight, and their diet and exercise habits, there appears to be not only a need to enhance the physical fitness and health programs provided to students, but to also specifically address the varying needs of males and females.

Table 2-1.
Gender Differences in Diet and Exercise-Related Behaviors

	Grade 6		Grade 8		Grade 10		Grade 12	
	Male N = 1849	**Female** N = 1951	**Male** N = 1760	**Female** N = 1972	**Male** N = 1239	**Female** N = 1531	**Male** N = 943	**Female** N = 1041
Do you think of yourself as:*								
Too thin	11.9	9.1	13.5	8.1	16.7	4.5	17.1	4.1
About the right weight	74.2	69.7	69.7	57.2	66.2	56.6	69.7	54.6
Too fat	13.9	21.2	16.9	34.7	17.1	38.9	13.3	41.3
Which of the following are you trying to do about your weight?*								
Nothing	49.9	40.5	45.8	25.1	41.5	22.2	39.9	20.4
Trying to lose weight	17.8	30.3	19.5	42.7	19.1	48.0	18.0	47.4
Trying to keep from gaining any more weight	20.8	24.1	18.0	26.7	14.1	26.4	15.8	28.8
Trying to gain more weight	11.4	5.1	16.7	5.4	25.3	3.5	26.3	3.4
How many servings of vegetables or fruits did you have yesterday?**								
None	19.0	13.8	17.2	15.9	20.7	16.7	19.3	21.6
1 or 2 servings	41.3	45.7	44.4	46.8	42.8	47.5	47.2	47.6
3 or 4 servings	25.3	29.5	26.3	27.8	25.1	28.5	25.0	24.9
5 or 6 servings	6.6	6.7	6.7	7.1	8.0	5.6	5.5	4.4
7 or more servings	7.8	4.2	5.4	2.4	3.5	1.6	3.1	1.4
On how many of the past 7 days have you done at least 20 minutes of hard exercise?*								
None	13.6	15.8	11.0	13.9	10.1	19.8	15.1	30.5
1 day	13.2	16.3	10.9	14.0	9.0	13.7	13.7	18.8
2 or 3 days	24.6	32.4	23.9	30.2	21.0	24.0	23.3	22.6
4 or 5 days	17.4	16.4	21.9	23.1	25.3	22.0	21.7	17.5
6 or 7 days	31.2	19.1	32.3	18.9	34.7	20.4	26.3	10.7

* Significant at $p < .05$ for all four grades
** Significant at $p < .05$ for grades 6, 8, and 10

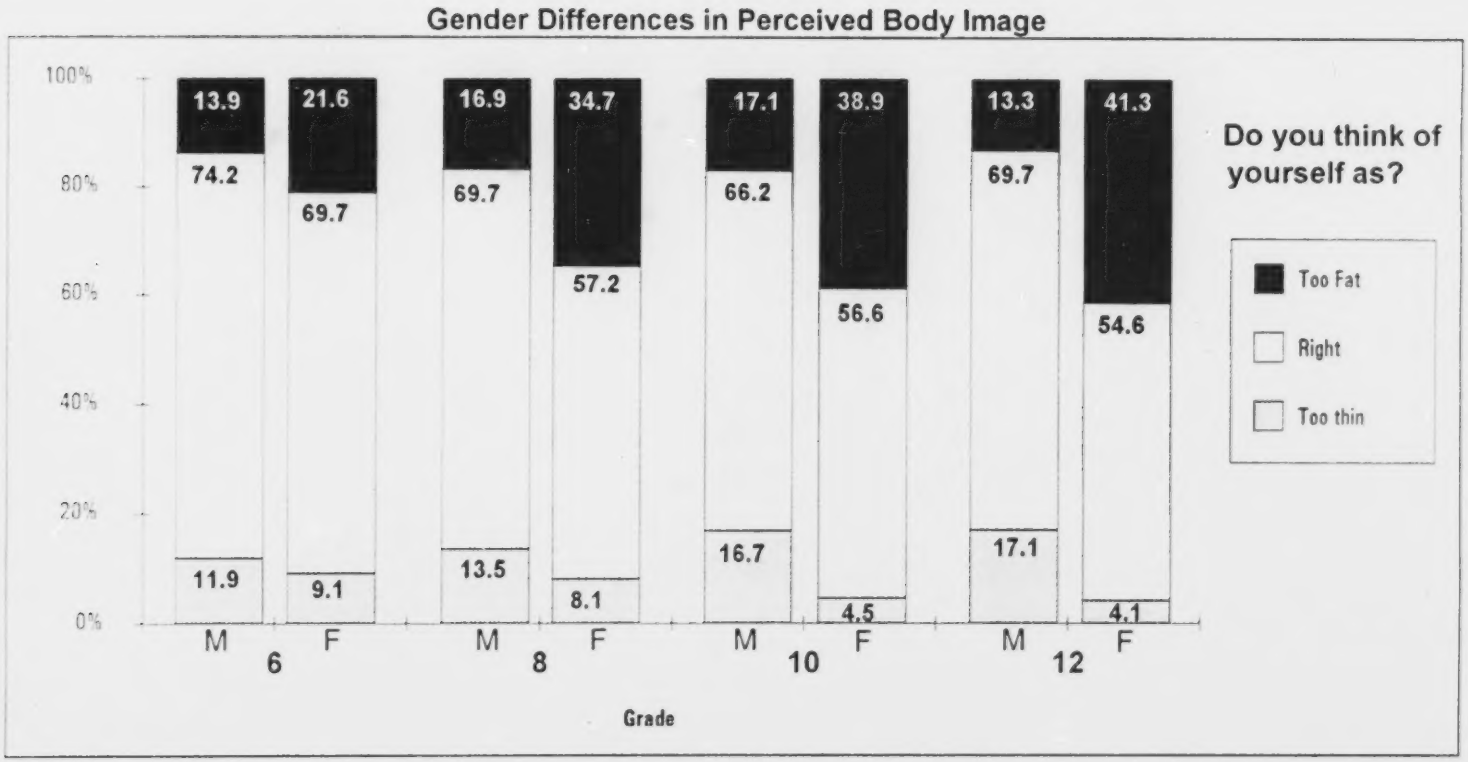

Figure 2-1.

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Gender Differences in Weight Change Behaviors

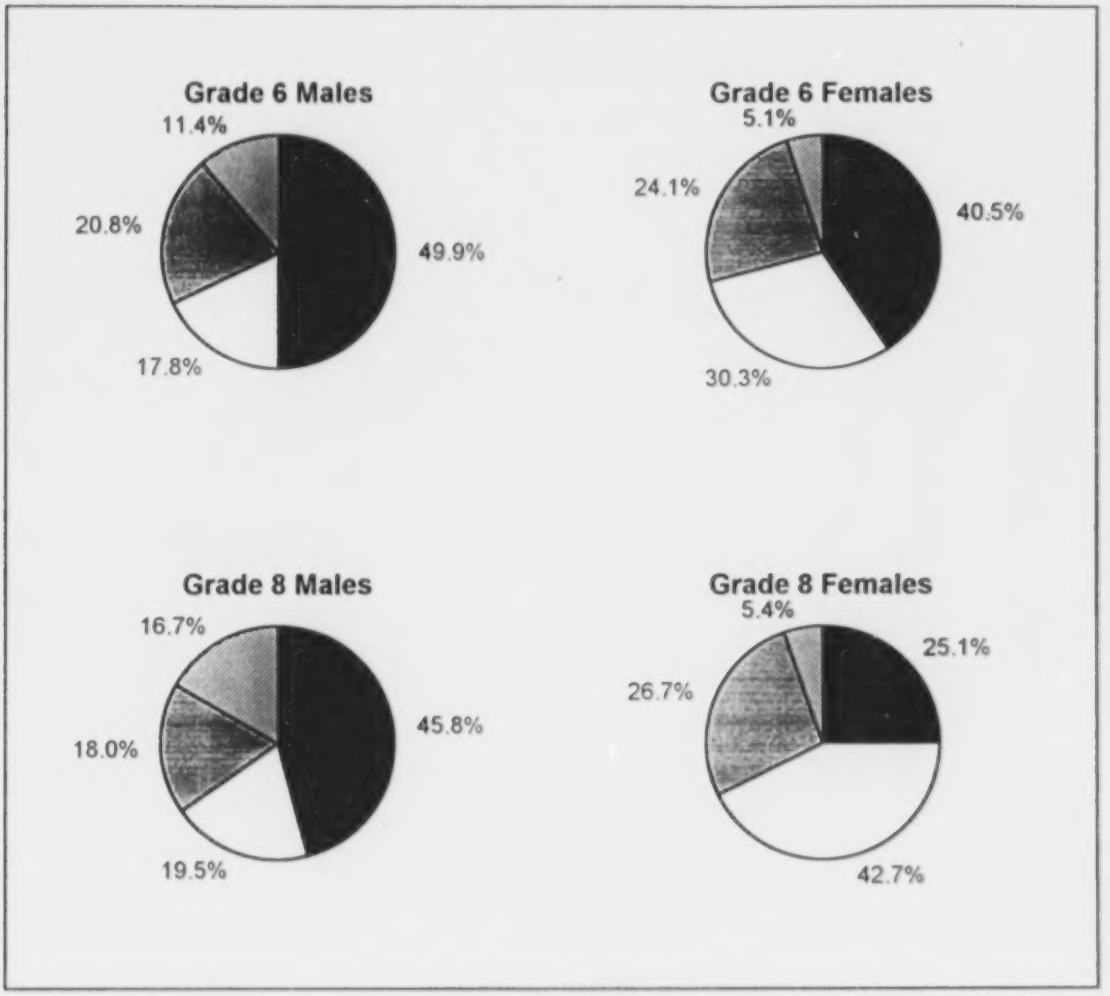
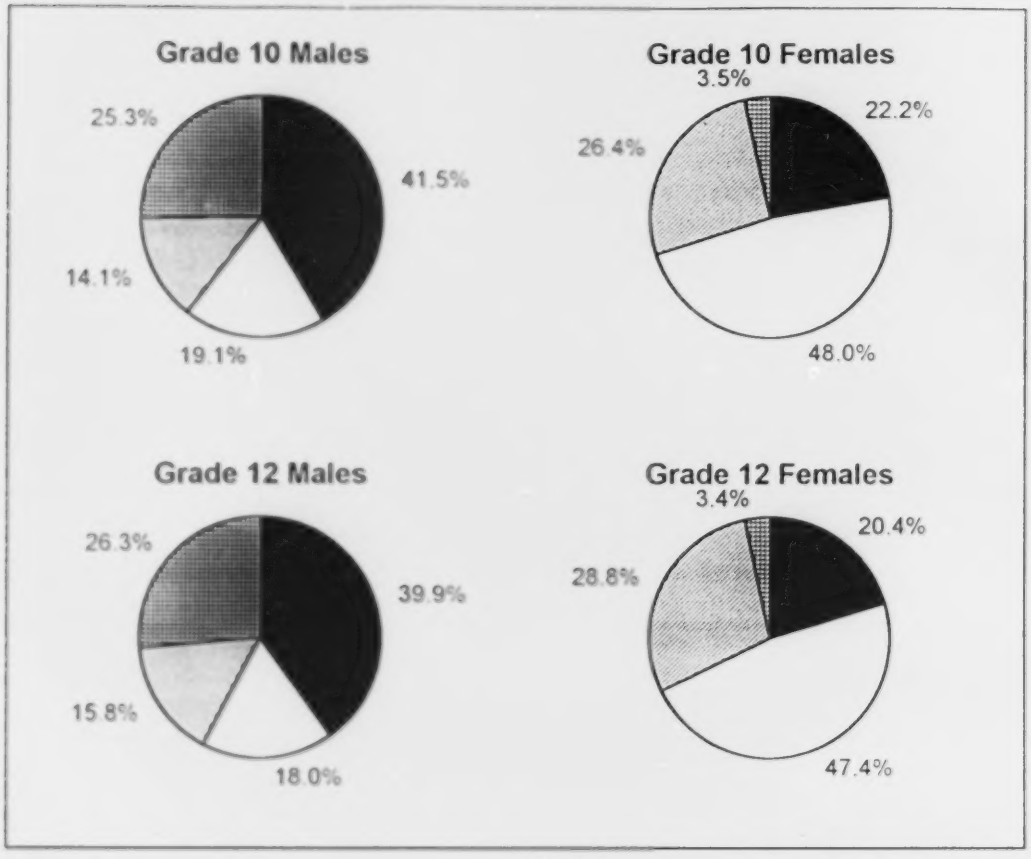


Figure 2-2a.

Gender Differences in Weight Change Behaviors



Which of the following are you trying to do about your weight?

- Nothing
- Trying to lose weight
- Trying to keep from gaining any more weight
- Trying to gain more weight

Figure 2-2b.

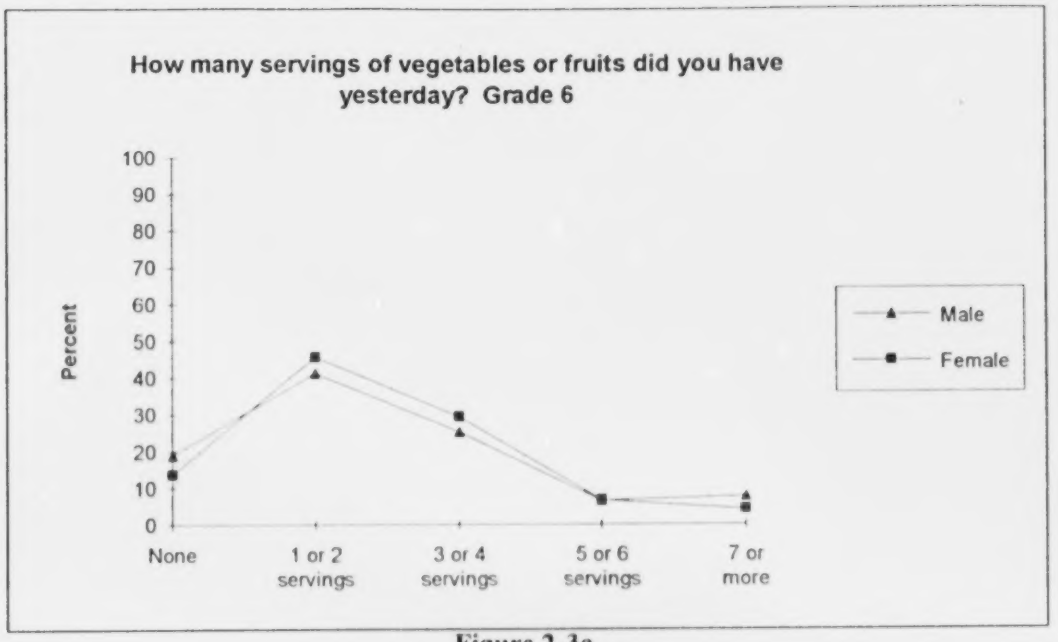


Figure 2-3a.

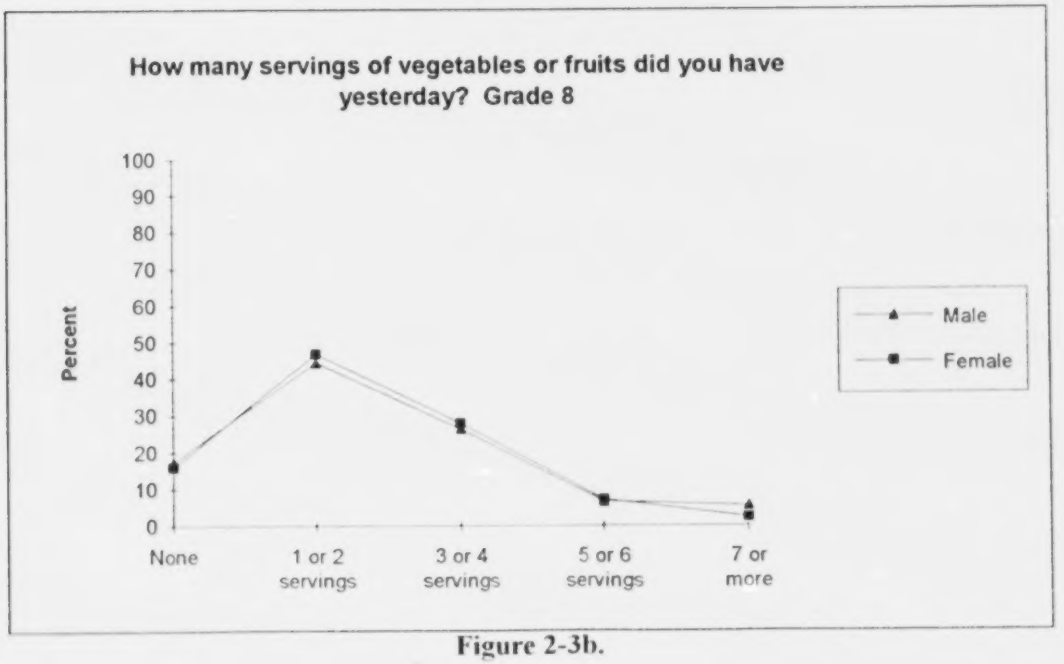


Figure 2-3b.

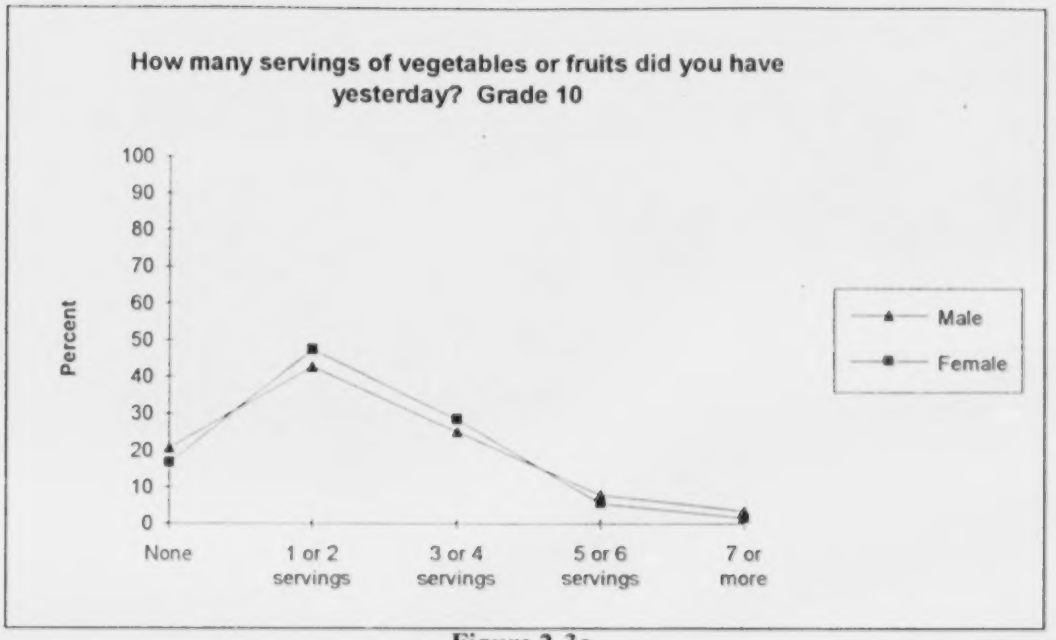


Figure 2-3c.

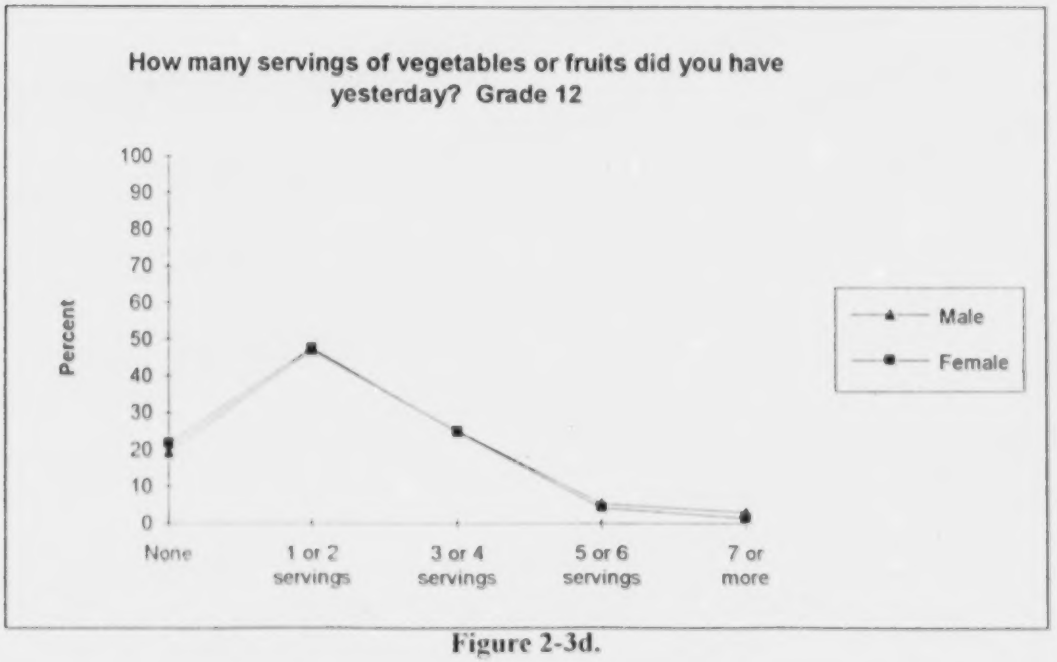


Figure 2-3d.

Figure 2-4a.

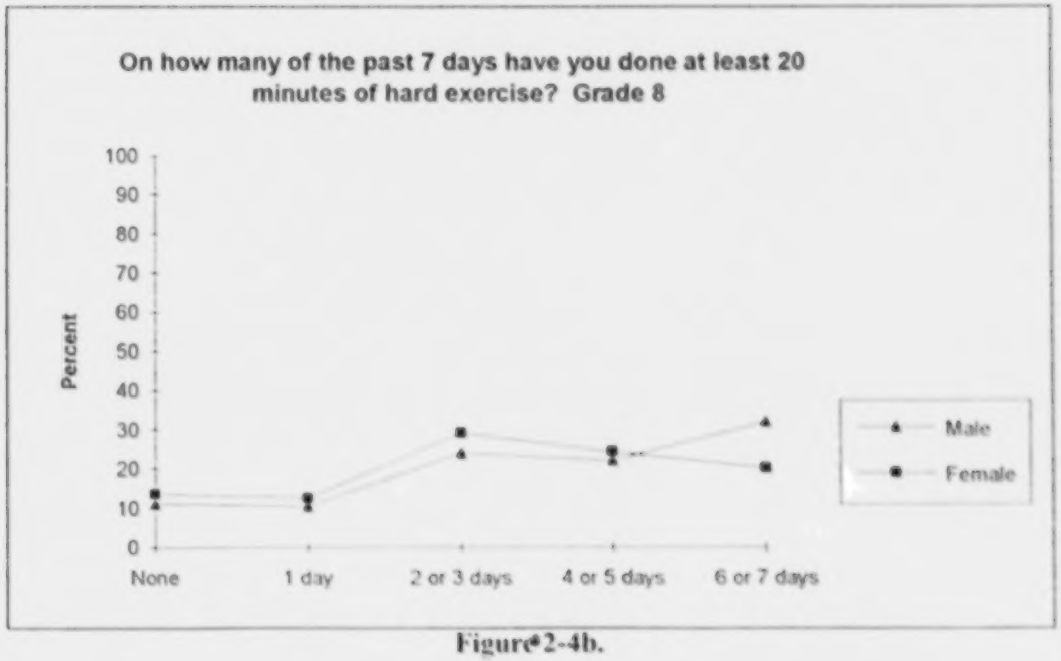


Figure 2-4b.

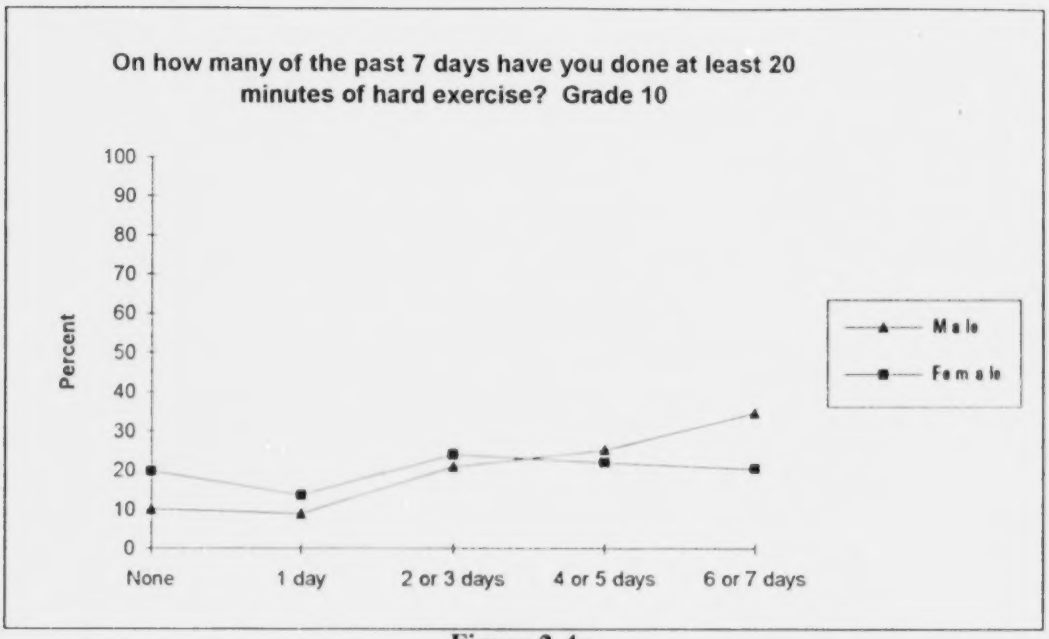


Figure 2-4c.

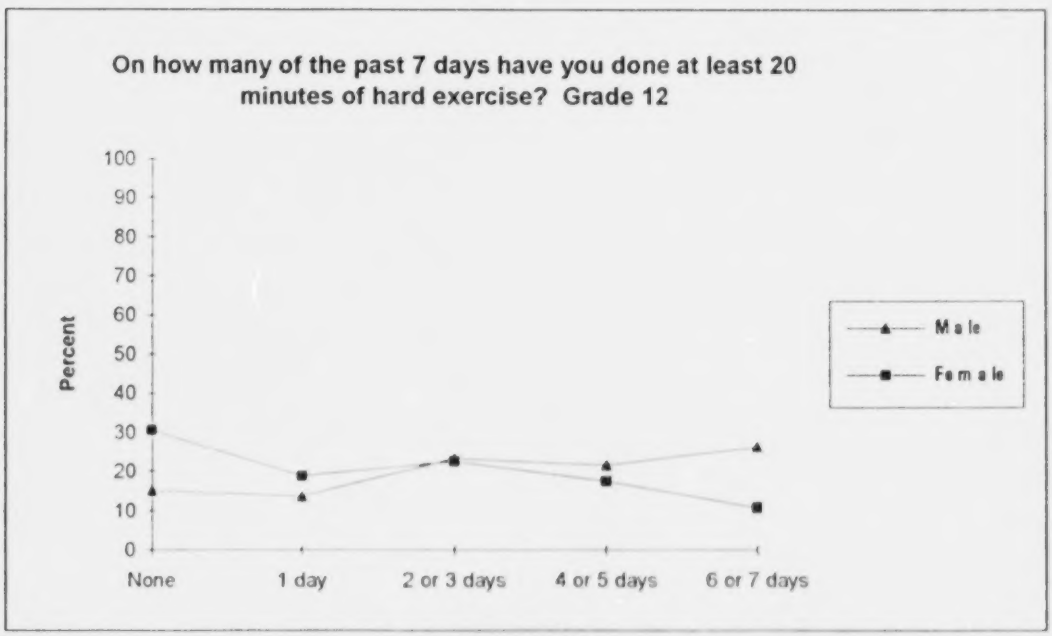


Figure 2-4d.

Chapter 3. Safety and Violence

Washington State, like the nation as a whole, is increasingly concerned about youth safety and violence. This concern is well-founded, given that violent crimes committed by Washington youth have more than doubled in the past 10 years despite a 3 percent decrease in this population. Indeed, almost half of the murders, rapes, robberies and assaults in Washington are committed by youth aged 10-17. While vehicle-related deaths are the leading cause of mortality among Washington youth, suicide is the second leading cause, followed by homicide (however, homicide is the leading cause among African-American youth). These figures, taken from the Department of Community Development's (DCD) recent publication entitled *The Face of Violence, Washington's Youth in Peril*, are alarming. As stated in that publication:

> The phenomenon of our violent culture stems from a complex web of contributing factors that include poverty, racism, drug abuse, access to guns, media glamorization of violence, child abuse, fractured communities, physiological problems, faltering families, and failed public policy. While the influence from any one of these factors individually may be mitigated, combined factors may predispose young people to the use of violence (p. 2).

Washington State has initiated programs in order to begin addressing the issue of youth violence. One example is DCD's Youth Violence Prevention and Intervention Program. Another is OSPI's School Security Enhancement Program. An evaluation of OSPI's program (Yap, Einspruch & Woo, 1993) illustrated how it has benefitted schools and students around the state.

Nationally, several *Healthy People 2000* objectives relate to youth safety and violence. Examples include:

- Reduce deaths among youth aged 15-24 by motor vehicle crashes to no more than 33 per 100,000 people.
- Reduce by 20 percent the incidence of weapon carrying by adolescents aged 14-17.
- Reduce by 20 percent the incidence of physical fighting among adolescents aged 14-17.

Progress in meeting these objectives over the past decade has been slow or non-existent. As reported by McGinnis, et al. (1992), poor progress has been made toward objectives regarding teenage pregnancy, and suicide and homicide among youth.

The analyses presented in this chapter relate weapon carrying to alcohol and other drug use, physical abuse and sexual abuse. Weapon carrying responses are also compared for males and females, and safety-related behaviors are compared for rural and non-rural students. Other studies have also begun to relate violent behaviors to AOD use. For example, a Johnson Institute (1993) press release announced "Destructive school behaviors, such as vandalism, violence and truancy are far more interrelated with student use of alcohol and other drugs than has previously

been measured—and those behaviors affect a school's educational climate even when the drug use occurs outside the school grounds" (emphasis theirs).

- *Finding: The higher the level of student use of alcohol and other drugs, the more likely that students had carried a weapon during the past month, or that they had ever carried a weapon to school.*

Students were asked how often in the past 30 days they had carried a weapon, such as a gun, knife, or club, for self-protection or because they thought they might need it in a fight. About one out of five sixth- and twelfth-grade students, and one out of four eighth- and tenth-grade students, answered that they had. As shown in Table 3-1, the higher the level of student report of drug use, the more likely they were to have carried a weapon during the past month. For example, of those twelfth-grade students who reported no drug use, only 14 percent had carried a weapon during the past month. This may be compared with 50 percent of those who indicated a high level of drug use. Table 3-2 shows a similar association between weapon carrying and alcohol use.

Students were also asked if they had ever carried a weapon to school. Fifteen percent of the sixth-grade students indicated that they had done so, as had one-fourth of the eighth-, tenth- and twelfth-grade students. Table 3-3 again shows the clear relationship between drug use and weapon carrying: the higher their level of drug use, the more likely students were to have carried a weapon to school. For example, 19 percent of the twelfth-grade students who reported no drug use had ever carried a weapon to school. By comparison, of those who reported high drug use, 43 percent had ever carried a weapon to school. Table 3-4 shows the same pattern for alcohol use. These findings are illustrated in Figures 3-1 and 3-2.

Table 3-1.
Relationship of Drug Use to Weapon Carrying in the Past Month

Drug Use (N =)		Number of Times Carried a Weapon in Past Month			
		None	1	2-3	4+
Grade 6* 4016	None	86.4	6.3	2.8	4.5
293	Low	57.7	13.3	13.0	16.0
75	Medium	52.0	9.3	12.0	26.7
34	High	32.4	14.7	8.8	44.1
Grade 8* 3529	None	83.7	6.5	4.3	5.4
632	Low	62.7	14.7	10.9	11.7
263	Medium	40.7	17.9	16.3	25.1
143	High	23.8	14.7	14.7	46.9
Grade 10* 2259	None	85.0	5.6	3.5	6.0
557	Low	73.1	10.2	7.2	9.5
337	Medium	57.9	13.4	12.8	16.0
170	High	38.2	11.8	14.7	35.6
Grade 12* 1400	None	85.6	5.0	3.1	6.3
388	Low	77.8	7.7	5.4	9.0
321	Medium	70.7	7.2	7.2	15.0
153	High	50.3	11.1	12.4	26.1

* $p < .05$

Table 3-2.
Relationship of Alcohol Use to Weapon Carrying in the Past Month

Alcohol Use (N =)		Number of Times Carried a Weapon in Past Month			
		None	1	2-3	4+
Grade 6* 2949	None	88.9	5.4	2.3	3.4
1379	Low	75.0	9.6	6.3	9.1
32	Medium	34.4	12.5	18.8	34.4
26	High	42.3	11.5	3.8	42.3
Grade 8* 1981	None	88.0	4.6	3.0	4.4
2025	Low	75.0	10.9	7.0	7.1
203	Medium	53.2	14.8	12.3	19.7
202	High	27.2	13.4	16.8	42.6
Grade 10* 917	None	90.3	3.5	2.2	4.0
1255	Low	81.0	6.5	4.5	8.0
443	Medium	76.5	9.0	6.3	8.1
459	High	54.7	10.2	13.7	21.4
Grade 12* 411	None	90.8	2.4	2.9	3.9
693	Low	83.8	6.2	3.6	6.3
421	Medium	80.5	6.4	5.5	7.6
502	High	67.5	8.6	6.2	17.7

* $p < .05$

Table 3-3.
Relationship Between Drug Use and Having Ever Carried a Weapon to School

Drug Use (N =)		Ever Carried a Weapon to School* Yes	No
Grade 6 3929	None	13.1	86.9
283	Low	35.0	65.0
68	Medium	38.2	61.8
30	High	53.3	46.7
Grade 8 3453	None	18.5	81.5
612	Low	33.7	66.3
246	Medium	52.0	48.0
131	High	71.0	29.0
Grade 10 2223	None	17.0	83.0
549	Low	31.7	68.3
321	Medium	41.1	58.9
166	High	57.2	42.8
Grade 12 1389	None	18.7	81.3
387	Low	24.5	75.5
316	Medium	33.2	66.8
146	High	43.2	56.8

* $p < .05$ for all grades

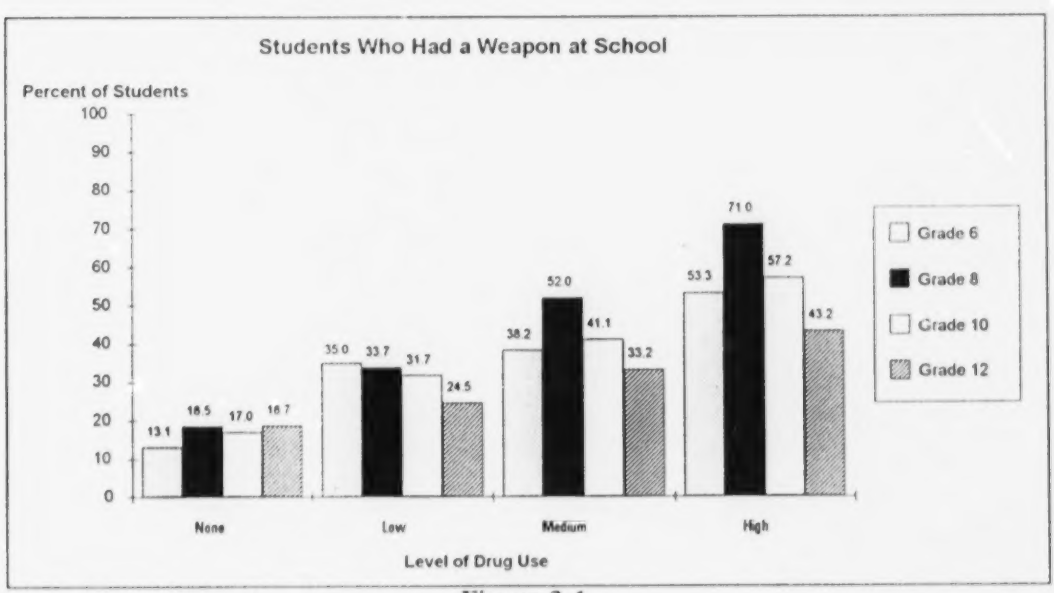


Figure 3-1.

Table 3-4.
Relationship Between Alcohol Use and Having Ever Carried a Weapon to School

			Ever Carried a Weapon to School*	
Alcohol Use (N =)			**Yes**	**No**
Grade 6	2896	**None**	9.9	90.1
	1337	**Low**	24.0	76.0
	30	**Medium**	46.7	53.3
	19	**High**	68.4	31.6
Grade 8	1941	**None**	14.8	85.2
	1972	**Low**	26.1	73.9
	191	**Medium**	39.8	60.2
	189	**High**	60.3	39.7
Grade 10	907	**None**	14.3	85.7
	1232	**Low**	22.5	77.5
	433	**Medium**	22.2	77.8
	447	**High**	42.5	57.5
Grade 12	409	**None**	18.3	81.7
	690	**Low**	18.3	81.7
	417	**Medium**	21.3	78.7
	409	**High**	34.1	65.9

* $p < .05$ for all grades

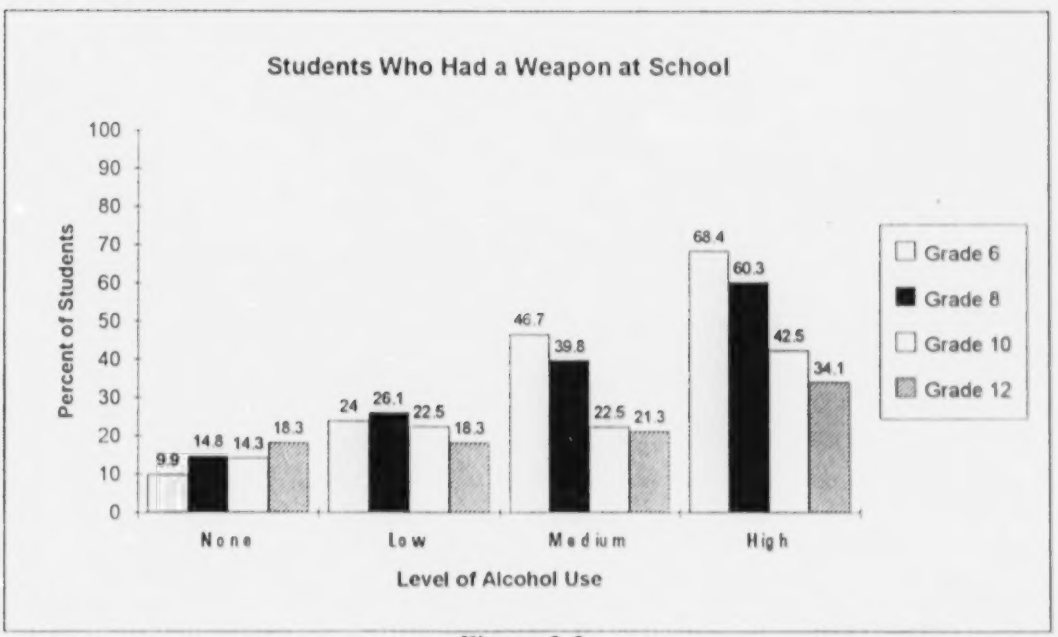


Figure 3-2.

Finding: Males were more likely than females to have carried a weapon during the past month, to have ever carried a weapon to school, and to have been in a fight during the past year which resulted in injuries which required medical attention.

Table 3-5 details differences between males and females in their responses to three questions:

- During the past 30 days, how many times have you carried a weapon, such as a gun, knife or club, for self-protection or because you thought you might need it in a fight?
- Have you ever carried a weapon to school?
- During the past 12 months, how many times have you been in a physical fight in which you or the person you were fighting were injured and had to be treated by a doctor or nurse?

As may be seen in the table, males were more likely than females to have engaged in these behaviors. For example, among students in the twelfth grade, 32 percent of the males had ever carried a weapon to school, compared to 15 percent of the females. Nevertheless, while this difference does exist, the level of weapon carrying and fighting among females is great enough to be a cause of concern.

Table 3-5.
Gender Differences in Violence-Related Behaviors

		Gender							
		Grade 6		Grade 8		Grade 10		Grade 12	
		Male	Female	Male	Female	Male	Female	Male	Female
		N = 1937	N = 2000	N = 1800	N = 2009	N = 1255	N = 1541	N = 947	N = 1048
Have you carried a weapon during the past 30 days?	None	74.6	91.7	67.5	85.5	66.1	89.0	70.2	89.8
	1	9.6	4.5	9.7	7.0	10.0	4.5	8.4	3.6
	2-3	5.8	1.6	8.7	4.0	8.4	2.3	7.2	2.2
	4+	10.0	2.3	14.1	3.5	15.5	4.1	14.1	4.4
Have you ever carried a weapon to school?	Yes	22.2	8.4	34.6	14.0	35.6	13.3	31.6	14.5
	No	77.8	91.6	65.4	86.0	64.4	86.7	68.4	85.5
In the past month, have you been in a fight that resulted in injuries that required medical attention?	None	76.7	91.6	73.8	89.2	77.0	91.5	81.6	94.0
	1	13.0	4.9	12.7	5.4	10.9	4.9	8.3	3.3
	2-3	4.6	2.1	7.4	3.2	6.0	2.0	5.6	1.7
	4+	5.7	1.5	6.0	2.2	6.1	1.7	4.6	1.0

* $p < .05$ for all four grades

41

42

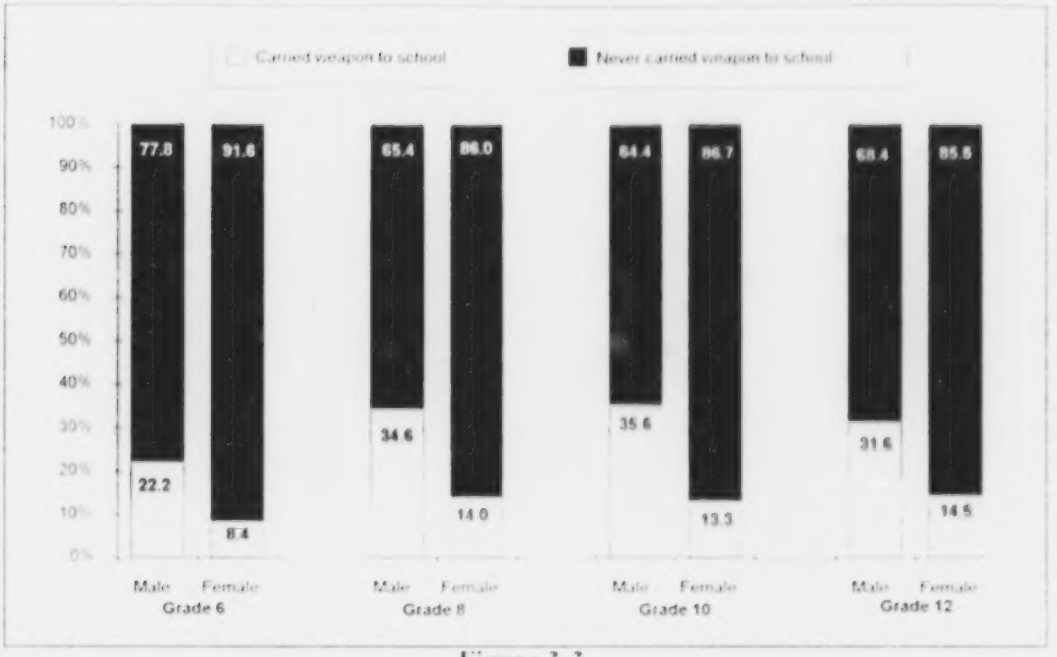


Figure 3-3.

Finding: Students who reported having been physically abused were more likely than those who had not to also report weapon carrying and fighting.

Table 3-6 shows the differences in the responses between students who did and did not report having been physically abused on the same three questions regarding weapon carrying and fighting. For all three questions, those students who had been abused were more likely to engage in these aggressive behaviors. For example, among twelfth-grade students, 31 percent of those who had been abused had carried a weapon to school, compared to 21 percent of those who had not been abused.

Table 3-6.
Relationship of Physical Abuse and Violence-Related Behaviors

		Ever Physically Abused*					
		Grade 8		Grade 10		Grade 12	
		Yes	No	Yes	No	Yes	No
		N = 449	N = 2284	N = 477	N = 2095	N = 341	N = 1421
Have you carried a weapon during the past 30 days?	None	70.4	79.9	70.4	80.2	74.2	83.0
	1	12.9	7.0	8.6	7.1	7.3	6.1
	2-3	7.8	5.2	6.1	5.0	7.0	3.7
	4+	8.9	7.9	14.9	7.7	11.4	7.1
Have you ever carried a weapon to school?	Yes	33.5	22.0	33.8	21.5	31.0	21.3
	No	66.5	78.0	66.2	78.5	69.0	78.7
In the past month, have you been in a fight that resulted in injuries that required medical attention?	None	75.4	84.6	72.3	87.3	81.9	89.5
	1	10.5	7.2	14.0	6.5	8.2	5.5
	2-3	7.6	4.8	7.8	3.2	5.8	2.8
	4+	6.5	3.4	5.9	3.0	4.1	2.2

* $p < .05$ for all four grades

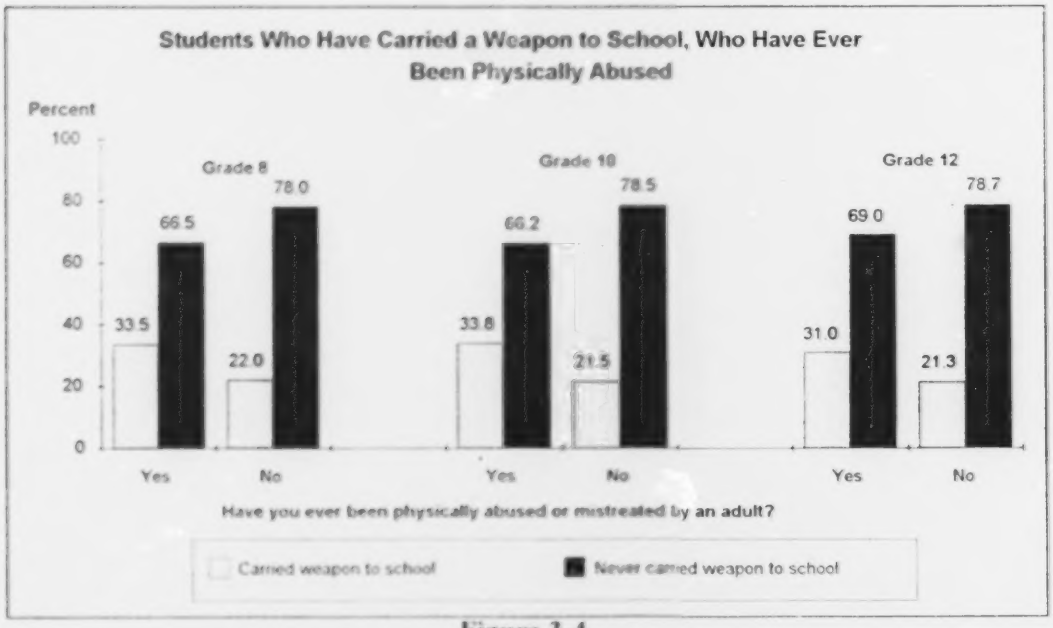


Figure 3-4.

Finding: Students in grade ten who reported having been sexually abused were more likely than those who had not to also report having carried a weapon to school, and also fighting.

Students were asked if they had ever been sexually abused (defined as "when someone in your family or someone else touches you in a sexual way in a place you did not want to be touched, or does something to you sexually which they shouldn't have done). Thirteen percent of the eighth-grade students, 17 percent of the tenth-grade students, and 18 percent of the twelfth-grade students answered "yes" to this question.

Table 3-7 compares the level of weapon carrying and fighting between students who had and who had not been sexually abused. Among tenth-grade students, those who had been abused were more likely than those who had not to have carried a weapon to school or been in a fight resulting in injuries that required medical treatment. However, this difference was not seen among twelfth-grade students.

Table 3-7.
Relationship of Sexual Abuse and Violence-Related Behaviors

		Ever Sexually Abused					
		Grade 8		Grade 10		Grade 12	
		Y	N	Y	N	Y	N
		N = 348	N = 2345	N = 427	N = 2129	N = 321	N = 1439
Have you carried a weapon during the past 30 days?[1]	None	75.0	78.7	74.7	79.6	77.9	82.0
	1	9.8	7.8	9.1	6.8	6.3	6.2
	2-3	7.8	5.4	5.2	5.1	5.3	4.2
	4+	7.5	8.2	11.0	8.5	10.0	7.6
Have you ever carried a weapon to school?[2]	Yes	27.9	23.1	29.3	22.8	24.8	22.9
	No	72.1	76.9	70.7	77.2	75.2	77.1
In the past month, have you been in a fight that resulted in injuries that required medical attention?[3]	None	78.0	83.6	75.4	86.7	86.6	88.3
	1	9.5	7.7	12.6	6.7	6.9	5.8
	2-3	5.8	5.2	6.8	3.3	4.0	3.2
	4+	6.6	3.5	5.2	3.3	2.5	2.7

[1] Not significant at any grade
[2] $p < .05$ for grade 10
[3] $p < .05$ for grades 8 and 10

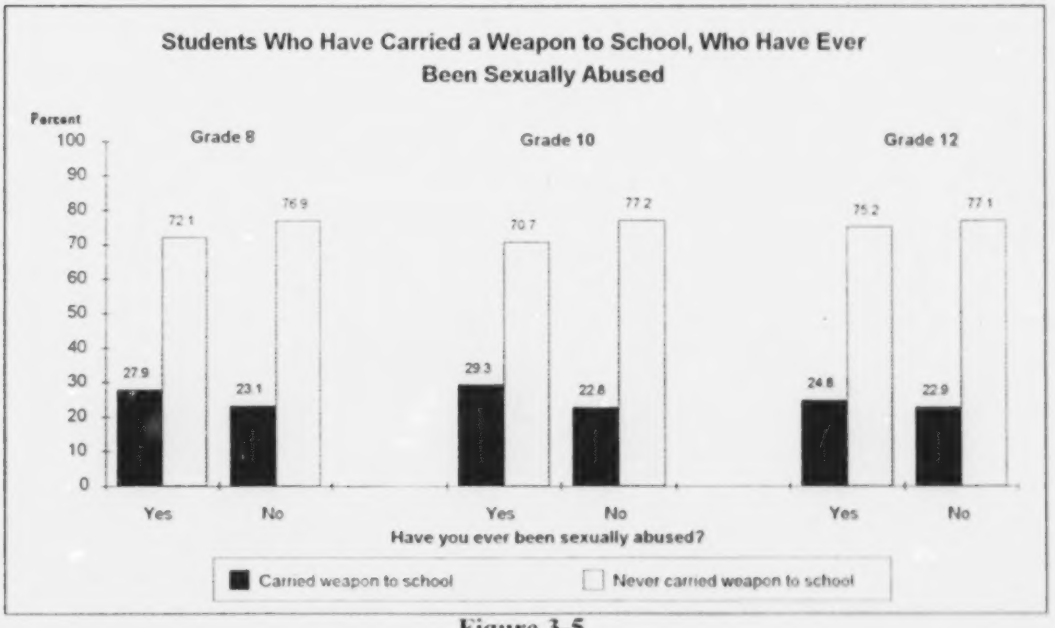


Figure 3-5.

Finding: Among twelfth-grade students, those in non-rural areas were more likely than those in rural areas to report wearing a seatbelt when riding in a car or truck driven by someone else. This was also true among tenth-grade students, but the difference is small enough not to be practically significant.

Finding: Among eighth- and tenth-grade students, those who live in rural areas were less likely to have worn a helmet when riding a bicycle than students in non-rural areas.

Finding: Among eighth-, tenth- and twelfth-grade students, those who live in rural areas were more likely to have ridden a motorcycle in the past year, and were also more likely to have always worn a helmet, than students in non-rural areas.

Students were asked how often they wear a seat belt when riding in a car or truck driven by someone else. They were also asked how often they wore a helmet when riding a bicycle or motorcycle during the past twelve months. Table 3-8 compares the responses to these questions between students living in rural and non-rural areas. While the differences in seat belt wearing were small for sixth-, eighth- and tenth-grade students, among twelfth-grade students, 53 percent of those living in non-rural areas reported always wearing seat belts, compared to 39 percent of those living in rural areas. In general, students in rural areas were less likely to have worn a helmet when riding a bicycle. For motorcycle riding, students in rural areas were more likely to have ridden a motorcycle, and more likely to have worn a helmet.

Table 3-8.
Difference Between Rural and Non-Rural Students in Safety-Related Behaviors

		Grade 6		Grade 8		Grade 10		Grade 12	
		Non-Rural	Rural	Non-Rural	Rural	Non-Rural	Rural	Non-Rural	Rural
		N = 2952	N = 1512	N = 3281	N = 1322	N = 2344	N = 997	N = 1514	N = 753
How often do you wear a seat belt when riding in a car or truck driven by someone else?[1]	**Never**	5.7	5.5	8.2	7.9	4.5	6.9	5.7	5.8
	Rarely	6.2	6.5	9.0	10.3	8.6	9.0	7.9	10.9
	Sometimes	9.9	10.1	12.3	12.9	9.5	12.1	10.0	13.7
	Most times	26.8	26.7	29.1	29.5	31.2	30.2	23.7	30.4
	Always	51.3	51.3	41.5	39.4	46.3	41.7	52.8	39.2
When you rode a bicycle in the past twelve months, how often did you wear a helmet?[2]	**Did not ride**	12.8	10.8	20.6	15.3	35.1	26.9	47.7	44.3
	Never	43.8	45.7	55.0	63.2	49.6	58.4	40.1	45.1
	Sometimes	14.1	15.1	9.8	9.0	6.0	6.0	4.2	3.7
	Most times	11.2	11.3	7.6	5.7	4.1	5.2	3.0	3.4
	Always	18.1	17.0	7.1	6.7	5.1	3.4	5.0	3.4
When you rode a motorcycle in the past 12 months, how often did you wear a helmet?[3]	**Did not ride**	--	--	66.0	57.3	70.0	56.6	70.1	60.2
	Never	--	--	9.6	10.1	8.4	11.4	6.0	8.9
	Sometimes	--	--	3.8	4.5	3.1	5.3	2.4	2.9
	Most times	--	--	3.8	6.7	2.9	5.5	2.7	6.5
	Always	--	--	16.9	21.3	15.7	21.2	18.7	21.5

[1] $p < .05$ for grades 10 and 12
[2] $p < .05$ for grades 8 and 10
[3] $p < .05$ for grades 8, 10 and 12

Chapter 4. Sexual Behaviors

In today's society not only are youth increasingly under pressure to engage in sexual activity, but the risks associated with these activities have become ever greater. In particular, the threat of HIV/AIDS poses what may be the ultimate risk: that of death. Although less than one-half of one percent of all AIDS cases are among the 13-19-year-old age group, the number of diagnosed cases is doubling each year. AIDS has become the sixth leading cause of death among the 15-24-year-old age group. Twenty percent of AIDS cases are among the 20-29-year-old age group; significant because it takes an average of 10 years for HIV disease to progress to AIDS, meaning that many of these young adults acquired HIV as adolescents. (Gans, 1990; U.S. Department of Health and Human Services, 1991). Youth are also subject to physical and sexual abuse, and may carry the consequences of this abuse for many years. *Healthy People 2000* objectives related to this topic area include:

- Reduce the proportion of adolescents who have engaged in sexual intercourse to no more than 15 percent by age 15 and no more than 40 percent by age 17.
- Increase to at least 90 percent the proportion of sexually active, unmarried people/persons age 19 and younger who use contraception, especially combined method contraception that effectively prevents pregnancy and provides barrier protection.

The analyses presented in the chapter detail differences in sexual behaviors between males and females, and show the association between sexual and physical abuse and sexual behaviors. Differences in condom use by rural and non-rural students are also shown.

Finding: Females were more likely than males to report having ever been sexually abused.

Finding: Among eighth- and tenth-grade students, males were more likely than females to report having ever had sex, although the reverse was true among twelfth-grade students. Males were also more likely than females to report early initiation of sexual activity, and having had multiple partners.

Finding: Among those tenth- and twelfth-grade students who have had sex, males were more likely than females to report having used a condom to prevent sexually transmitted diseases.

In order to examine differences between males and females, a comparison was made on four different questions:

- Have you ever been sexually abused? (Sexual abuse is when someone in your family or someone else touches you in a sexual way in a place you did not want to be touched, or does something to you sexually which they shouldn't have done.)

- With how may people have you had sexual intercourse in your life?

- How old were you the first time you had sexual intercourse?

- The last time you had sexual intercourse, did you or your partner use a condom to prevent sexually transmitted diseases (VD) such as genital herpes, genital warts, gonorrhea, clap, drip, chlamydia or HIV/AIDS infection?

The results of these comparisons are detailed in Table 4-1 below. Among students in all three grades that were asked this question, females were more likely than males to report having ever been sexually abused. For example, among twelfth-grade students, 28 percent of the females reported having been sexually abused, compared to 8 percent of the males. While this clearly calls attention to the needs of female students, it is also important to pay attention to the needs of males.

Males were also somewhat more likely than females to report having had intercourse with multiple partners, although the differences become smaller as the students become older. Similarly, males were more likely than females to report early initiation of sexual intercourse.

Among those students who reported having had sex, about two-thirds of both male and female eighth-grade students reported using a condom the last time they had intercourse in order to help prevent sexually transmitted diseases. However, among tenth- and twelfth-grade students, males were more likely than females to report condom use (for example, among twelfth-grade students, 56 percent of the males and 45 percent of the females reported condom use). These results clearly show the need to educate both males and females about the use of condoms.

Table 4-1.
Gender Differences in Sexual Behaviors

		Gender					
		Grade 8		Grade 10		Grade 12	
		Male	Female	Male	Female	Male	Female
		N = 1145	N = 1262	N = 964	N = 1216	N = 711	N = 1531
Have you ever been sexually abused?*	Yes	5.2	18.6	7.4	24.8	7.6	28.0
	No	94.8	81.4	92.6	75.2	92.4	72.0
With how many people have you had sexual intercourse in your life?*	Never	69.7	83.9	59.2	61.6	43.3	39.4
	1	13.4	8.5	15.2	17.6	21.2	21.1
	2-3	9.0	3.4	13.0	12.3	18.4	18.5
	4-5	2.8	1.8	4.6	4.1	5.9	12.9
	6+	5.1	2.4	8.0	4.4	11.2	8.2
How old were you the first time you had sexual intercourse?*	Never	68.5	84.2	58.1	60.7	42.1	38.0
	12	17.9	7.4	9.7	5.6	7.6	3.5
	13-14	12.5	7.6	17.2	16.7	13.8	13.9
	15-16	0.9	0.6	14.4	16.7	23.5	33.9
	17+	0.2	0.2	0.6	0.4	13.1	10.6
The last time you had sexual intercourse, did you or your partner use a condom to prevent sexually transmitted diseases?*	Never	69.1	85.0	59.3	62.5	44.3	39.8
	Yes	19.0	9.2	28.1	21.8	31.3	26.8
	No	11.9	5.8	12.6	15.7	24.4	33.4

* $p < .05$ for all three grades

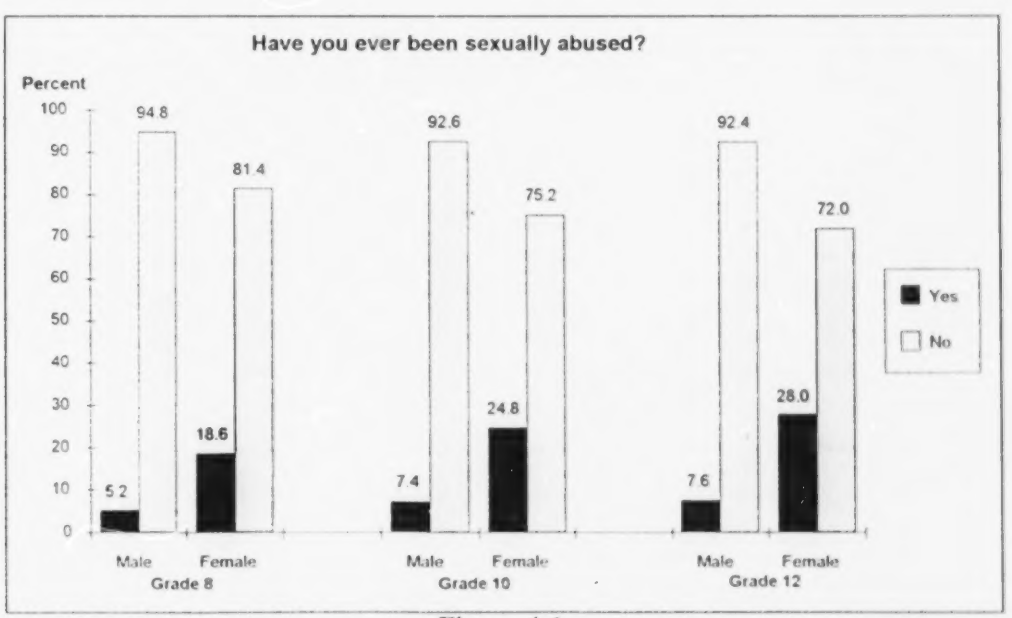


Figure 4-1.

Finding: Students who reported having been physically or sexually abused were more likely than those who did not to also report having been sexually active, having initiated sexual activity at a younger age, and having had multiple partners.

As seen in Table 4-2, students who reported having been physically abused were more likely to also report having had sexual intercourse. For example, among twelfth-grade students 79 percent of those who had been physically abused reported having had sex, compared to 56 percent of those who had not been abused. Students who had been physically abused were also clearly more likely than those who had not to report having first had sex at a younger age, and to have had a greater number of partners. Similar patterns are shown in Table 4-3, which compares the age of first intercourse and number of partners for those who did and did not report having ever been sexually abused.

Table 4-2.
Relationship of Physical Abuse and Sexual Behavior

		Ever Physically Abused					
		Grade 8		Grade 10		Grade 12	
		Yes	No	Yes	No	Yes	No
		N = 427	N = 2231	N = 475	N = 2079	N = 336	N = 1405
How old were you the first time you had sexual intercourse?*	Never	64.5	79.8	40.4	62.7	21.4	43.5
	12	23.6	10.1	14.4	5.4	10.7	4.7
	13-14	11.0	9.2	26.0	14.9	23.4	11.8
	15-16	0.7	0.8	18.4	16.0	34.1	27.8
	17+	0.2	0.2	0.8	1.0	10.4	12.1
With how many people have you had sexual intercourse in your life?*	Never	65.3	79.9	40.6	63.5	22.6	45.3
	1	15.5	9.7	20.4	15.9	19.0	21.4
	2-3	9.1	4.9	17.9	11.9	23.2	17.4
	4-5	3.7	2.0	8.2	3.8	15.8	8.2
	6+	6.3	3.4	12.8	4.9	19.3	7.8

* p < .05 for all three grades

Table 4-3.
Relationship Between Sexual Abuse and Sexual Behavior

		Ever Sexually Abused					
		Grade 8		Grade 10		Grade 12	
		Yes	No	Yes	No	Yes	No
		N = 339	N = 2309	N = 424	N = 2116	N = 318	N = 1425
How old were you the first time you had sexual intercourse?*	Never	60.9	79.8	38.5	62.6	21.1	43.4
	12	24.0	10.5	13.1	5.8	9.8	4.9
	13-14	13.9	8.9	26.8	15.0	25.2	11.6
	15-16	1.2	0.7	20.4	15.7	34.7	27.8
	17+	0.0	0.2	1.2	0.9	9.1	12.3
With how many people have you had sexual intercourse in your life?*	Never	61.7	80.1	38.7	63.5	21.7	45.3
	1	17.7	9.5	19.1	16.2	18.9	21.2
	2-3	8.6	5.1	20.0	11.3	25.2	16.9
	4-5	5.3	1.8	8.7	3.9	17.9	7.9
	6+	6.8	3.6	13.4	5.1	16.4	8.7

* p < .05 for all three grades

Finding: Eighth- and tenth-grade students living in rural areas and in non-rural areas were equally likely to report having ever had sexual intercourse. However, rural twelfth-grade students were more likely to report having had this experience.

Table 4-4 shows differences between rural and non-rural students in their level of sexual experience and condom use. Among eighth- and tenth-grade students, there were similar rates of ever having had sexual intercourse. However, among twelfth-grade students those living in rural areas were more likely to report having ever had sex.

Among those who had ever had sex, roughly equal proportions of students report using condoms. For example, 56 percent of non-rural twelfth-grade students reported having ever had sex, and of those, just over half reported using condoms. Similarly, of the 63 percent of rural twelfth-grade students who reported having ever had sex, just under half reported using condoms to prevent sexually transmitted disease. Two important findings emerge from these data: first, that there are fairly similar rates of condom use among rural and non-rural students, and second, the rather low rate of condom use indicates that students are not having protected sex.

Table 4-4.
The last time you had sexual intercourse, did you or your partner use a condom to prevent sexually transmitted diseases (VD) such as genital herpes, genital warts, gonorrhea, clap, drip, chlamydia or HIV/AIDS infection?

	Use of Condoms		
	Never had intercourse	**Yes**	**No**
Grade 8[1]			
Non-rural (N = 1812)	76.4	14.4	9.2
Rural (N = 852)	79.9	12.0	8.1
Grade 10[1]			
Non-rural (N = 1631)	59.0	24.6	16.4
Rural (N = 522)	60.8	24.8	14.3
Grade 12[2]			
Non-rural (N = 1033)	44.0	29.4	26.5
Rural (N = 715)	37.2	29.4	33.4

[1] Not Significant
[2] $p < .05$

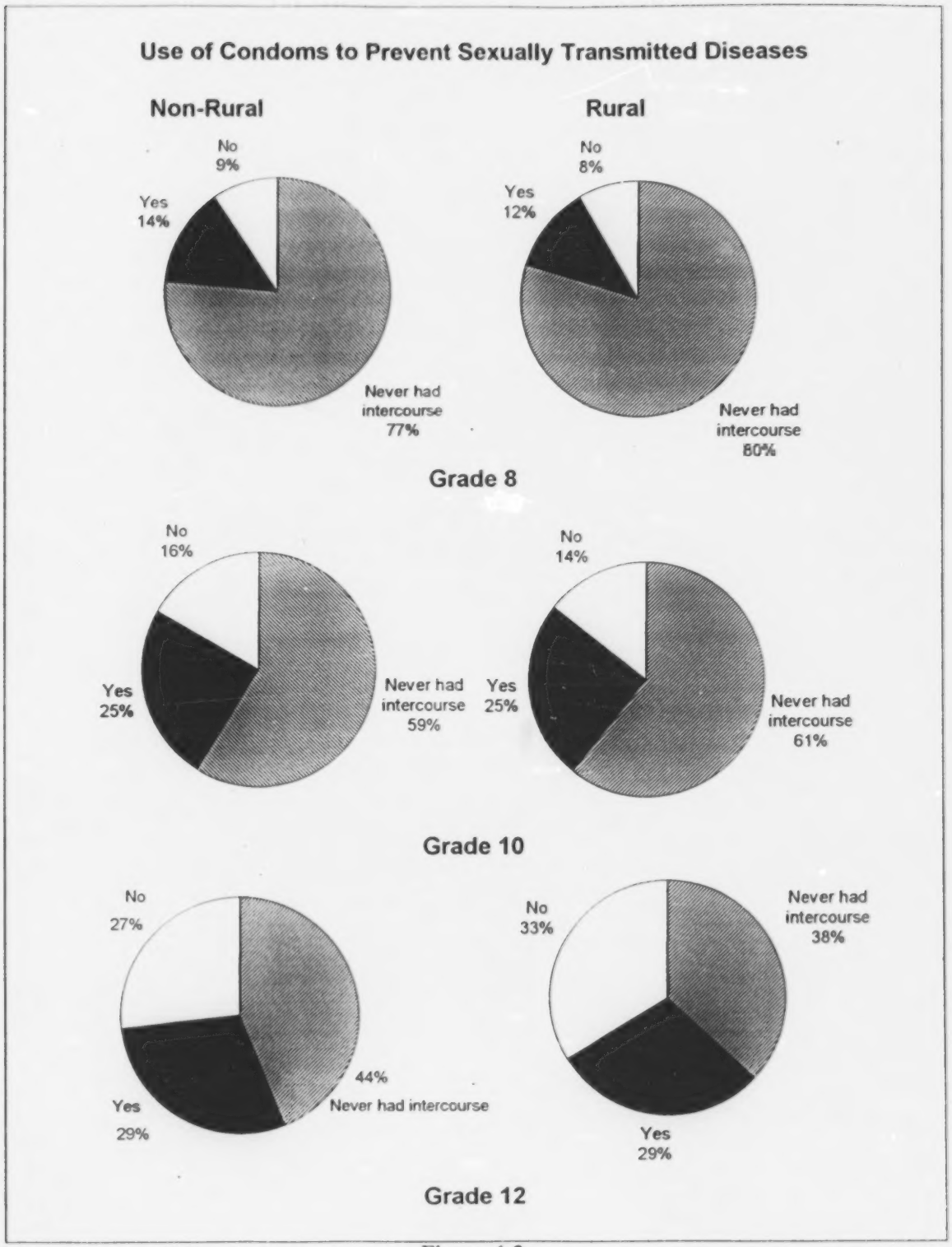

Use of Condoms to Prevent Sexually Transmitted Diseases
Non-Rural
No 9%
Yes 14%
Never had intercourse 77%
Rural
No 8%
Yes 12%
Never had intercourse 80%
Grade 8
No 16%
Yes 25%
Never had intercourse 59%
No 14%
Yes 25%
Never had intercourse 61%
Grade 10
No 27%
Yes 29%
44%
Never had intercourse
No 33%
Never had intercourse 38%
Yes 29%
Grade 12

Figure 4-2.

Finding: Students who expect to graduate from college were less likely to have engaged in sexual intercourse than those who did not expect to graduate from college.

Table 4-5 shows the relationship between expectation to graduate from college and sexual activity. From these results there is clearly an apparent relationship between expectation to graduate from college (which may be viewed as a form of commitment to school) and having ever had sexual intercourse. The more students thought that they would graduate from college, the less likely they were to have ever had sex. This relationship is also shown in Figure 4-3.

Table 4-5.
Relationship of Expectation to Attend College and Sexual Activity

		Ever Had Sexual Intercourse					
		Grade 8*		Grade 10*		Grade 12*	
		Yes	No	Yes	No	Yes	No
How likely is it that you will graduate from college (four-year program)?	**Definitely won't**	44.1	55.9	64.5	35.5	77.7	22.3
	Probably won't	34.1	65.9	54.4	45.6	72.7	27.3
	Probably will	25.1	74.9	48.6	51.4	63.7	36.3
	Definitely will	18.8	81.2	31.6	68.4	51.9	48.1

* $p < .05$

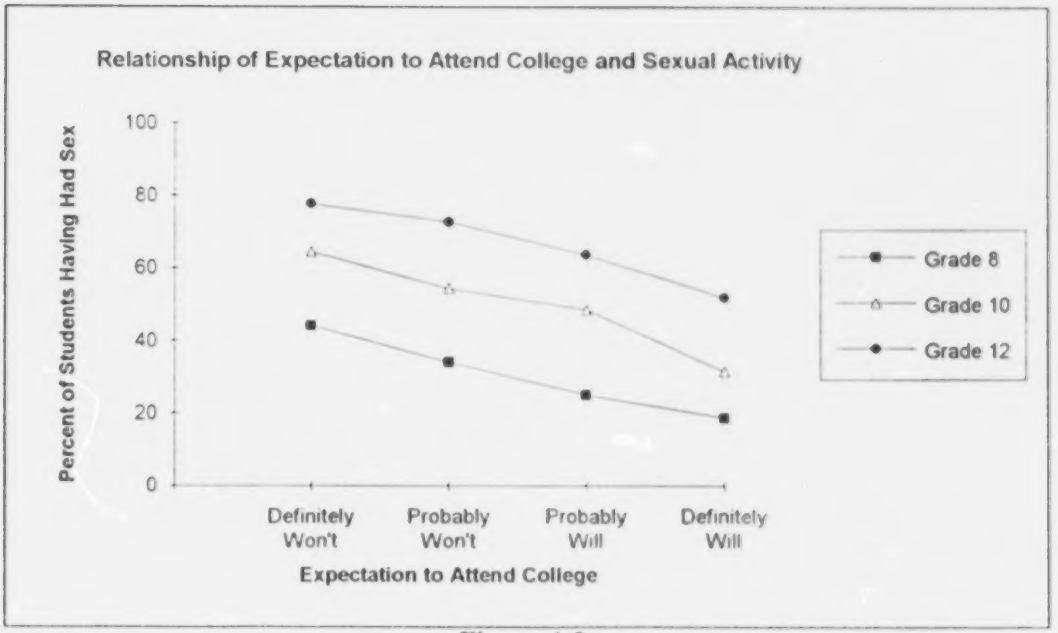


Figure 4-3.

Finding: The higher the level of student use of alcohol or other drugs, the more likely they were to report having ever had sexual intercourse.

Table 4-6 shows the relationship between drug use and sexual activity. Clearly, the higher their level of drug use, the more likely students were to also report having ever had sex. For example, of those twelfth-grade students who reported no drug use, 48 percent reported having ever had sex. In contrast, of those students who reported high drug use, 85 percent also reported having ever had sex. This relationship is also shown in Figure 4-4.

A similar relationship between alcohol use and sexual activity is shown in Table 4-7 and Figure 4-5.

Table 4-6.
Relationship Between Drug Use and Sexual Activity

	Ever Had Sexual Intercourse								
	Grade 8*			Grade 10*			Grade 12*		
Level of Drug Use	(N =)	Yes	No	(N =)	Yes	No	(N =)	Yes	No
None	2079	17.3	82.7	1717	30.1	69.9	1084	48.0	52.0
Low	397	34.8	65.2	447	56.4	43.6	321	76.9	23.1
Moderate	138	50.0	50.0	267	78.3	21.7	245	78.8	21.2
High	69	81.2	18.8	133	82.0	18.0	113	85.0	15.0

* $p < .05$

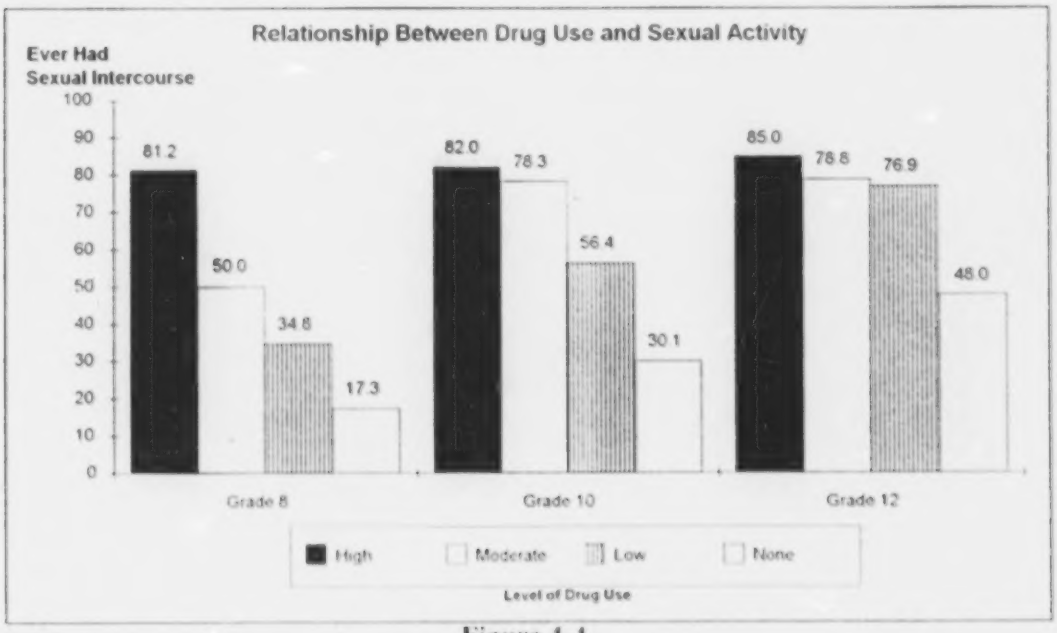


Figure 4-4.

Table 4-7.
Relationship Between Alcohol Use and Sexual Activity

Level of Alcohol Use	Ever Had Sexual Intercourse								
	Grade 8*			Grade 10*			Grade 12*		
	(N =)	Yes	No	(N =)	Yes	No	(N =)	Yes	No
None	1155	13.0	87.0	661	18.9	81.1	307	30.0	70.0
Low	1230	22.9	77.1	954	34.6	65.4	529	49.7	50.3
Moderate	112	54.5	45.5	371	56.3	43.7	342	70.5	29.5
High	103	78.6	21.4	377	77.2	22.8	392	80.6	19.4

* $p < .05$

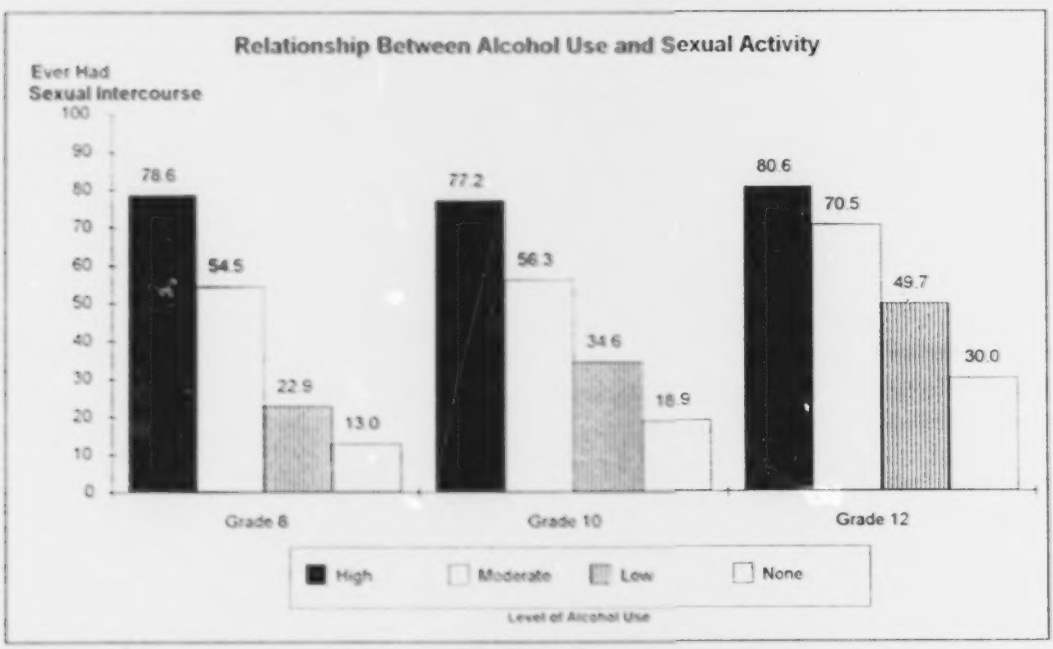


Figure 4-5.

Chapter 5. Suicide

Suicide is the second leading cause of death among Washington's youth (following death caused by motor vehicles). Nationally, suicide rates are the most rapidly increasing cause of death among adolescents, having quadrupled over the last forty years (from 2.7 to 11.3 per 100,000). It is estimated that 10-25 percent of all adolescent deaths are the result of suicide (Hicks, 1990). Factors that are found to contribute to the likelihood of suicide attempts include: depression, loss of support system, loss of family status, alcohol and/or other drug use, and loss of relationships (Jones, 1987). In order to address the issue of youth suicide, one of the *Healthy People 2000* objectives is to:

- Reduce by 15 percent the incidence of injurious suicide among adolescents aged 14-19.

Laws and Turner (1993) recently reviewed the research on the relationship between alcohol and other drugs and suicide. Summarized in Laws (1993), the following key issues emerged from the review:

> There is a strong link between alcohol and other drug use and youth suicide.
>
> Suicide is not limited, or of concern, to only a small segment of the adolescent population.
>
> It is important to identify and treat the conditions known to predispose children and teenagers to suicidal behavior...including depression, low self-esteem, stress, interpersonal problems, persistent anxiety and anger, and use of alcohol and other drugs.
>
> There is disagreement among researchers as to whether adolescent suicide prevention programs should be provided for every student or for only those students who have been identified as at possible risk for attempting suicide (p. 12).

The results presented in this chapter explore the relationship between suicide and physical abuse, sexual abuse, alcohol and other drug use, participation in extracurricular activities, and various academic behaviors. Gender differences in suicidal ideation and attempt are also presented.

Finding: Higher levels of alcohol or other drug use were associated with increased likelihood of suicidal ideation or attempted suicide.

Table 5-3 shows the relationship between use of drugs and suicidal ideation and attempted suicide. The clear pattern is that students who reported higher levels of drug use also reported a greater likelihood of having thought about suicide or having actually attempted suicide. For example, of those twelfth-grade students who reported no drug use, 16 percent had thought about suicide and 8 percent had attempted suicide. In contrast, of those students who reported high drug use, 37 percent had thought about suicide and 18 percent had attempted suicide. A similar pattern was seen for eighth- and tenth-grade students, and for the relationship with alcohol use.

Table 5-3.
Relationship Between Drug Use and Suicidal Ideation and Attempt

			Seriously Thought About Suicide in Past 12 Months*		Attempted Suicide in Past 12 Months*	
			Yes	No	Yes	No
Drug Use						
Grade 8	**None**	(N = 2087)	13.8	86.2	7.4	92.6
	Low	(N = 394)	34.0	66.0	18.8	81.2
	Medium	(N = 138)	50.7	49.3	27.7	72.3
	High	(N = 69)	56.5	43.5	35.2	64.8
Grade 10	**None**	(N = 1696)	17.3	82.7	9.7	90.3
	Low	(N = 433)	29.6	70.4	15.8	84.2
	Medium	(N = 256)	42.2	57.8	19.4	80.6
	High	(N = 126)	56.3	43.7	35.7	64.3
Grade 12	**None**	(N = 1069)	15.9	84.1	7.9	92.1
	Low	(N = 309)	16.8	83.2	7.7	92.3
	Medium	(N = 247)	26.7	73.3	13.2	86.8
	High	(N = 109)	36.7	63.3	18.2	81.8

* $p < .05$ for all three grades

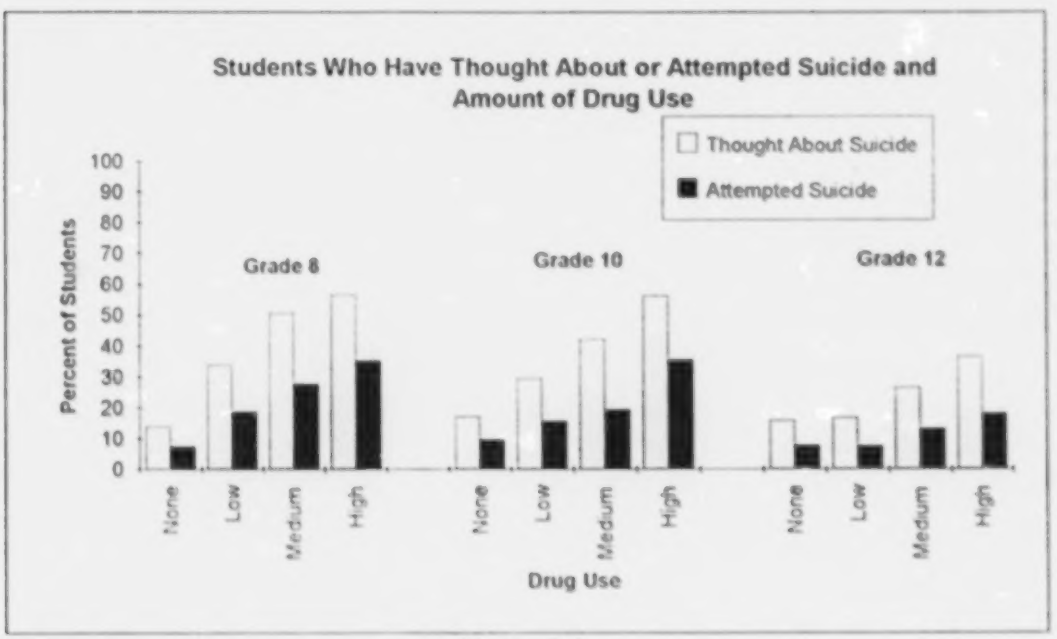


Figure 5-3.

Table 5-4.
Relationship Between Alcohol Use and Suicidal Ideation and Attempt

			Seriously Thought About Suicide in Past 12 Months[1]		Attempted Suicide in Past 12 Months[2]	
			Yes	No	Yes	No
Alcohol Use						
Grade 8	None	(N = 1159)	11.0	89.0	6.4	93.6
	Low	(N = 1246)	22.6	77.4	11.7	88.3
	Medium	(N = 117)	36.5	63.5	19.7	80.3
	High	(N = 100	43.9	56.1	34.0	66.0
Grade 10	None	(N = 654)	12.5	87.5	6.9	93.1
	Low	(N = 941)	21.4	78.6	12.1	87.9
	Medium	(N = 351)	30.5	69.5	14.3	85.7
	High	(N = 370)	35.7	64.3	22.1	77.9
Grade 12	None	(N = 298)	13.1	86.9	8.4	91.6
	Low	(N = 526)	18.6	81.4	7.6	92.4
	Medium	(N = 338)	19.2	80.8	7.7	92.3
	High	(N = 386)	21.8	78.2	11.1	88.9

[1] $p < .05$ for all three grades
[2] $p < .05$ for grades 8 and 10

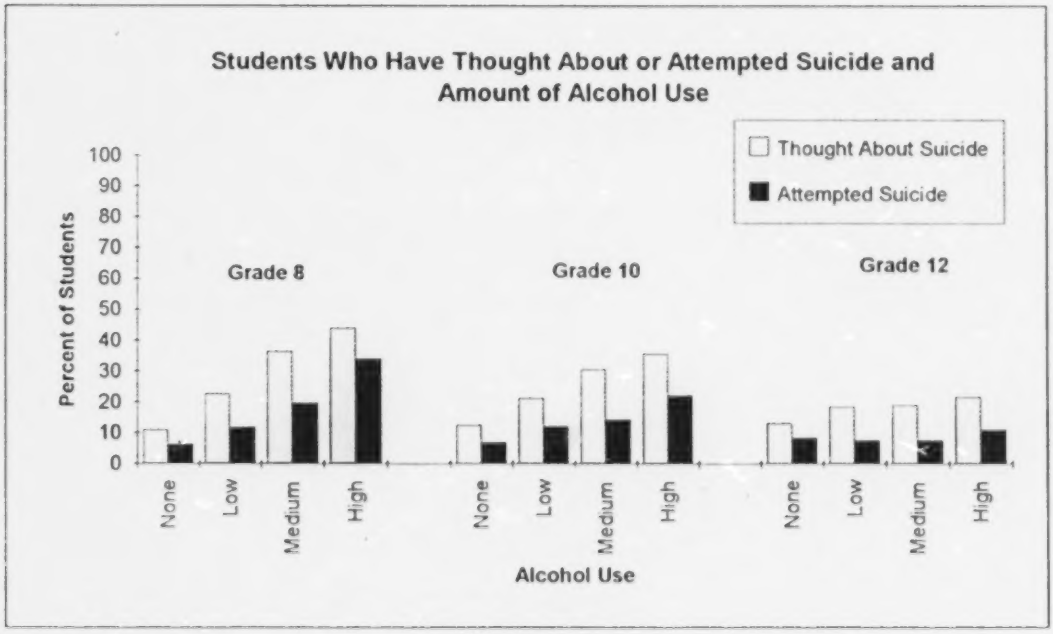


Figure 5-4.

Findings: Among tenth-grade students, participation in extracurricular activities was associated with decreased likelihood of suicidal ideation or attempt. For eighth-grade students, a similar association existed between participation in activities outside of school and suicidal ideation.

Table 5-5 shows that among tenth-grade students, participation in extracurricular activities was associated with decreased likelihood of suicidal ideation or attempt. Similarly, among eighth-grade students there was an association between participation in activities outside of school and a decreased likelihood of suicidal ideation (see Table 5-6). These findings suggest that there is a positive benefit of participation in activities, although given that the findings do not hold for all grades and are different between school and non-school activities, it is difficult to identify a strong pattern that would lead to a suggestion for program implementation.

Table 5-5.
Relationship Between Participation in Extracurricular Activities and Suicidal Ideation and Attempt

			Seriously Thought About Suicide in Past 12 Months*		Attempted Suicide in Past 12 Months*	
			Yes	No	Yes	No
Number of Extracurricular Activities						
Grade 8	None	(N = 706)	21.8	78.2	11.4	88.6
	1	(N = 771)	18.9	81.1	10.4	89.6
	2	(N = 599)	20.4	79.6	12.2	87.8
	3	(N = 358)	17.6	82.4	10.4	89.6
	4+	(N = 254)	18.1	81.9	7.5	92.5
Grade 10	None	(N = 640)	29.1	70.9	16.3	83.7
	1	(N = 689)	23.4	76.6	12.6	87.4
	2	(N = 586)	23.7	76.3	14.0	86.0
	3	(N = 359)	17.5	82.5	8.8	91.2
	4+	(N = 235)	21.7	78.3	10.2	89.8
Grade 12	None	(N = 468)	20.1	79.9	9.6	90.4
	1	(N = 427)	16.2	83.8	9.1	90.9
	2	(N = 386)	17.4	82.6	8.7	91.3
	3	(N = 209)	20.6	79.4	10.6	89.4
	4+	(N = 241)	22.8	77.2	8.7	91.3

* $p < .05$ for grade 10

Table 5-6.
Relationship Between Participation in Out-of-School Activities and Suicidal Ideation and Attempt

			Seriously Thought About Suicide in Past 12 Months[1]		Attempted Suicide in Past 12 Months[2]	
			Yes	No	Yes	No
Number of Out-of-School Activities						
Grade 8	None	(N = 912)	23.5	76.5	12.4	87.6
	1	(N = 855)	19.6	80.4	10.8	89.2
	2	(N = 472)	15.7	84.3	9.6	90.4
	3	(N = 233)	14.6	85.4	9.3	90.7
	4+	(N = 217)	19.4	80.6	9.2	90.8
Grade 10	None	(N = 945)	23.5	76.5	13.1	86.9
	1	(N = 834)	24.3	75.7	13.1	86.9
	2	(N = 441)	22.9	77.1	13.8	86.2
	3	(N = 153)	24.2	75.8	12.3	87.7
	4+	(N = 136)	27.2	72.8	11.5	88.5
Grade 12	None	(N =679)	18.4	81.6	9.6	90.4
	1	(N = 547)	17.9	82.1	8.6	91.4
	2	(N = 299)	20.1	79.9	9.3	90.7
	3	(N = 111)	22.5	77.5	12.5	87.5
	4+	(N = 96)	20.8	79.2	7.3	92.7

[1] p < for grade 8
[2] Not significant at any grade

Finding: Students who reported valuing school, and having a stable school experience, were less likely than those who did not to report thinking about suicide or attempting suicide.

Tables 5-7 and 5-8 illustrate the relationship between several questions about school attachment or participation and reported thinking about or attempting suicide. The clear pattern in this relationship is that those students who reported missing less school, getting good grades, valuing good grades, not thinking about dropping out, and staying in the same school were also the students who were less likely to report thinking about suicide or having attempted suicide.

Table 5-7.
Relationship Between Academic Questions and Suicidal Ideation

		Seriously Thought About Suicide During Past 12 Months								
		Grade 8			Grade 10			Grade 12		
		(N=)	Yes	No	(N=)	Yes	No	(N=)	Yes	No
How much school do you miss?*										
	Never	224	13.4	86.6	203	17.2	82.8	102	14.7	85.3
	Hardly ever	1099	17.1	82.9	854	18.7	81.3	422	17.3	82.7
	2-3 days/semester	986	20.6	79.4	887	22.4	77.6	612	15.5	84.5
	Some every month/week	371	29.1	70.9	565	36.3	63.7	595	24.4	75.6
In general, what are your grades right now?*										
	As	965	14.0	86.0	776	20.2	79.8	585	15.9	84.1
	Bs	1125	21.0	79.0	1000	20.9	79.1	764	19.0	81.0
	Cs	466	24.9	75.1	576	29.2	70.8	320	22.8	77.2
	less than Cs	124	32.3	67.7	148	43.2	56.8	56	26.8	73.2
Is it important to you to get good grades?*										
	Very important	1594	15.6	84.4	1484	20.5	79.5	856	17.9	82.1
	Somewhat important	898	23.9	76.1	824	25.0	75.0	677	18.0	82.0
	Not very/don't care	194	34.5	65.5	201	44.8	55.2	201	26.4	73.6
In the last year have you ever thought about dropping out of school?*										
	Never	2155	13.4	86.6	1751	14.3	85.7	1174	12.5	87.5
	Not seriously	466	43.3	56.7	626	42.3	57.7	444	28.2	71.8
	Seriously	64	65.6	34.4	131	62.6	37.4	114	48.2	51.8
How many times have you changed schools in the past twelve months?**										
	None	2241	19.1	80.9	2148	22.5	77.5	1539	17.5	82.5
	1	343	21.6	78.4	271	28.8	71.2	148	26.4	73.6
	2+	103	27.2	72.8	88	43.2	56.8	47	40.4	59.6

* $p < .05$ for all three grades
** $p < .05$ for grades 10 and 12

Table 5-8.
Relationship Between Academic Questions and Suicide Attempts

		Attempted Suicide During Past 12 Months								
		Grade 8			Grade 10			Grade 12		
		(N=)	Yes	No	(N=)	Yes	No	(N=)	Yes	No
How much school do you miss?[1]										
	Never	224	9.4	90.6	204	9.3	90.7	102	7.8	92.2
	Hardly ever	1106	9.7	90.3	859	10.5	89.5	424	8.7	91.3
	2-3 days/semester	993	10.6	89.4	896	11.8	88.2	615	8.5	91.5
	Some every month/week	375	16.3	83.7	573	20.2	79.8	602	10.8	89.2
In general, what are your grades right now?[1]										
	As	970	6.0	94.0	778	8.2	91.8	584	7.9	92.1
	Bs	1131	11.0	89.0	1008	12.9	87.1	765	8.9	91.1
	Cs	471	18.3	81.7	589	17.8	82.2	329	11.9	88.1
	less than Cs	124	19.4	80.6	148	20.3	79.7	58	13.8	86.2
Is it important to you to get good grades?[1]										
	Very important	1612	8.3	91.7	1492	11.5	88.5	858	8.7	91.3
	Somewhat important	898	13.7	86.3	833	13.8	86.2	685	8.8	91.2
	Not very/don't care	194	19.1	80.9	207	21.7	78.3	203	13.3	86.7
In the last year have you ever thought about dropping out of school?[2]										
	Never	2162	8.1	91.9	1760	9.9	90.1	1181	7.5	92.5
	Not seriously	472	19.7	80.3	638	16.9	83.1	447	10.7	89.3
	Seriously	69	36.2	63.8	132	36.4	63.6	116	21.6	78.4
How many times have you changed schools in the past twelve months?[2]										
	None	2253	10.3	89.7	2167	12.4	87.6	1549	8.1	91.9
	1	347	11.8	88.2	276	14.9	85.1	150	16.7	83.3
	2+	104	18.3	81.7	87	23.0	77.0	47	23.4	76.6

[1] $p < .05$ for grades 8 and 10
[2] $p < .05$ for all three grades

Conclusion

For the past four years the state of Washington has monitored the student use of alcohol and other drugs. During this period, three surveys have been administered to students across the state in order to assess their level of use. The most recent survey was expanded to include questions regarding a wide variety of other adolescent health behaviors. In this report, several analyses were done to examine relationships between the various behaviors. Other analyses detailed differences in the responses between males and females and between students living in rural and non-rural areas. The results clearly show that relationships exist between student use of alcohol and other drugs, violence-related behaviors, sexual behaviors and suicidal ideation and attempt. While the results are not surprising, they do corroborate those presented in other studies. In addition, they provide information gathered directly from students living in Washington State. Thus, the information contained in this report is immediately useful for those involved in the planning and implementation of services for elementary and secondary students throughout the state.

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Appendix A

Washington State Survey of Adolescent Health Behaviors Summary Report

The purpose of this survey was to determine the level of health risk behaviors by students in the state of Washington. The survey was administered anonymously to the students in December of 1992 through February of 1993. Participation was voluntary. Questions that were not asked of sixth-grade students are indicated by asterisks in the results.

First note the three scales below. Students are rated on overall use based on their answers to several items.

Drug Use: Levels are based on the frequency of drug use, the type of drug consumed, and the number of drugs consumed. High use includes daily use of marijuana or weekly use of cocaine.

	Grade 6 N=4765	Grade 8 N=4901	Grade 10 N=3427	Grade 12 N=2327
No use	90.6%	77.0%	67.5%	61.3%
Low use	6.7%	13.9%	16.9%	17.3%
Moderate use	1.8%	5.8%	10.3%	14.4%
High use	0.9%	3.2%	5.3%	7.0%

Alcohol Use: Levels are based on the frequency of drinking and the amount typically consumed. High use implies daily drinking or regular binge drinking (5 or more drinks at one time).

	Grade 6 N=4734	Grade 8 N=4736	Grade 10 N=3174	Grade 12 N=2078
No use	67.0%	44.7%	29.7%	20.2%
Low use	31.6%	46.1%	40.6%	34.1%
Moderate use	0.8%	4.6%	14.5%	20.8%
High use	0.7%	4.7%	15.2%	24.9%

Health Risk: Levels are based on the degree to which a student reports experiences or characteristics that predict adolescent health risks.

	Grade 6 N=4779	Grade 8 N=4924	Grade 10 N=3430	Grade 12 N=2329
Low risk	75.9%	63.6%	53.4%	41.7%
Moderate risk	21.1%	30.7%	39.9%	51.5%
High risk	3.1%	5.7%	6.7%	6.8%

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2. Which of the following best describes your background? Choose only one answer. (For example, if one parent was part Asian and part White and the other parent was White, you would mark E.)

	Grade 6 N=4417	Grade 8 N=4769	Grade 10 N=3372	Grade 12 N=2299
a. Asian or Pacific Islander	5.8%	6.5%	5.4%	5.2%
b. Black, not Hispanic	5.1%	4.5%	2.0%	1.7%
c. Hispanic	7.3%	6.2%	4.2%	3.6%
d. American Indian	10.2%	7.3%	5.5%	3.3%
e. White, not Hispanic	71.6%	75.5%	82.8%	86.3%

4. How much school do you miss?

	Grade 6 N=4749	Grade 8 N=4900	Grade 10 N=3423	Grade 12 N=2324
a. I never miss school.	11.2%	8.6%	8.5%	5.9%
b. I hardly ever miss school.	49.5%	40.9%	34.9%	25.6%
c. I miss 2 or 3 days a semester.	29.4%	34.8%	34.0%	35.0%
d. I miss some school every month.	8.7%	13.9%	19.5%	27.7%
e. I miss some school every week.	1.2%	1.8%	3.1%	5.7%

5. In general, what are your grades right now? Mostly...

	Grade 6 N=4668	Grade 8 N=4883	Grade 10 N=3409	Grade 12 N=2311
a. As	35.2%	35.0%	31.4%	32.6%
b. Bs	44.1%	41.2%	40.3%	44.3%
c. Cs	16.3%	18.4%	22.1%	19.0%
d. less than Cs	4.3%	5.4%	6.2%	4.1%

6. How important is it to you to get good grades?

	Grade 6 N=4759	Grade 8 N=4909	Grade 10 N=3423	Grade 12 N=2327
a. It is very important to me.	71.5%	57.9%	58.4%	47.4%
b. It is somewhat important.	22.1%	32.3%	32.0%	39.2%
c. I care about it, but it is not very important.	5.3%	8.2%	8.2%	11.8%
d. I don't care about it.	1.1%	1.7%	1.4%	1.6%

7. How likely is it that you will graduate from college (four-year program)?

	Grade 6 N=4670	Grade 8 N=4829	Grade 10 N=3374	Grade 12 N=2289
a. Definitely won't	2.3%	2.7%	3.4%	5.7%
b. Probably won't	6.0%	7.4%	12.3%	14.5%
c. Probably will	51.8%	45.1%	40.3%	33.9%
d. Definitely will	40.0%	44.9%	44.0%	45.9%

8. During the school year, how many hours a week do you work at a part-time job?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4864	N=3420	N=2322
a. I don't work	*	72.1%	67.2%	35.9%
b. 1 to 4 hrs.	*	15.0%	8.6%	5.9%
c. 5 to 9 hrs.	*	7.4%	7.4%	9.7%
d. 10 to 20 hrs.	*	3.2%	12.2%	29.7%
e. over 20 hrs.	*	2.2%	4.6%	18.8%

9. How many extra school activities do you participate in regularly (for example: sports, music, student government, clubs)?

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4736	N=4910	N=3424	N=2324
a. None	29.9%	27.0%	27.4%	29.8%
b. 1	29.0%	29.0%	27.8%	25.8%
c. 2	20.4%	22.2%	22.9%	20.5%
d. 3	10.6%	12.7%	13.2%	11.5%
e. 4 or more	10.1%	9.0%	8.8%	12.3%

10. How many non-school activities do you participate in regularly (for example: Little League, Scouts, church youth)?

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4736	N=4908	N=3425	N=2325
a. None	30.1%	34.4%	36.8%	38.4%
b. 1	29.0%	31.3%	33.2%	31.1%
c. 2	20.2%	17.6%	17.8%	18.2%
d. 3	10.4%	8.7%	6.3%	6.6%
e. 4 or more	10.3%	8.0%	5.9%	5.7%

11. How many different school sports teams have you participated on in the last two school years (for example: football, soccer, volleyball, basketball, track, swim team)?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4875	N=3425	N=2326
a. None	*	31.4%	32.8%	40.0%
b. 1	*	23.4%	23.8%	23.8%
c. 2	*	17.1%	19.3%	19.5%
d. 3	*	12.8%	13.0%	9.2%
e. 4 or more	*	15.3%	11.2%	7.6%

12. In the last year have you ever thought about dropping out of school?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4861	N=3421	N=2324
a. Never thought about it	*	78.5%	69.9%	68.2%
b. Thought about it, but not seriously	*	18.3%	24.9%	25.3%
c. Seriously thought about it	*	3.2%	5.3%	6.5%

13. How many times have you changed schools in the last 12 months?

	Grade 6 N=4726	Grade 8 N=4906	Grade 10 N=3422	Grade 12 N=2328
a. None (same school for a year)	71.7%	83.0%	81.4%	88.6%
b. 1 time (attended two schools)	20.7%	12.7%	14.3%	8.9%
c. 2 times	4.2%	2.5%	2.8%	1.5%
d. 3 or more times	3.5%	1.8%	1.5%	0.9%

14. When you are away from home, do your parents know where you are and who you are with?

	Grade 6 *	Grade 8 N=4876	Grade 10 N=3421	Grade 12 N=2325
a. Every time	*	35.2%	27.0%	17.9%
b. Most times	*	43.5%	50.5%	50.8%
c. Sometimes	*	15.4%	16.6%	22.1%
d. Rarely	*	4.6%	4.8%	7.0%
e. Never	*	1.3%	1.3%	2.2%

The following questions ask about problems with alcohol (beer, wine, or liquor) or other drugs.

15. Do you think there is an alcohol or other drug problem among kids attending your school?

	Grade 6 N=4613	Grade 8 N=4851	Grade 10 N=3407	Grade 12 N=2316
a. Yes, a lot of kids are using alcohol or other drugs.	4.6%	15.6%	49.8%	55.8%
b. Yes, some kids are using alcohol or other drugs.	15.2%	39.7%	39.3%	35.4%
c. No, only a few kids are using alcohol or other drugs.	35.9%	37.1%	9.7%	7.9%
d. No, no one uses alcohol or other drugs.	44.3%	7.6%	1.3%	0.9%

16. Do you think there is alcohol or other drug use during the school day at your school?

	Grade 6 N=4582	Grade 8 N=4732	Grade 10 N=3344	Grade 12 N=2274
a. Yes, alcohol	4.1%	8.1%	7.9%	7.6%
b. Yes, drugs	7.0%	12.2%	17.6%	16.2%
c. Yes, both	9.1%	22.5%	52.4%	55.5%
d. No	79.9%	57.2%	22.1%	20.8%

17. Do you think teachers in your school are concerned about alcohol or other drug problems among kids attending your school?

	Grade 6 N=4596	Grade 8 N=4849	Grade 10 N=3388	Grade 12 N=2299
a. Yes, they are very concerned and are trying to do something about it.	57.6%	37.5%	23.1%	24.0%
b. They are concerned, but are not trying to do much about it.	19.1%	32.9%	49.7%	50.9%
c. They do not seem to be too concerned.	11.9%	20.9%	21.7%	21.2%
d. No, they are not concerned about it at all.	11.4%	8.7%	5.5%	3.8%

18. Is there drinking or drug use among kids at most parties you attend?

	Grade 6 N=4697	Grade 8 N=4871	Grade 10 N=3401	Grade 12 N=2322
a. Yes, alcohol	5.7%	16.7%	26.1%	27.2%
b. Yes, drugs	1.3%	0.9%	0.7%	0.4%
c. Yes, both alcohol and other drugs	4.4%	13.6%	32.0%	43.7%
d. No	66.4%	45.9%	17.7%	9.2%
e. I don't attend parties	22.1%	23.0%	23.6%	19.4%

19. Have you ever gotten into trouble at home or at school because of your drinking or drug use?

	Grade 6 N=4731	Grade 8 N=4876	Grade 10 N=3416	Grade 12 N=2318
a. I don't drink or use drugs	75.1%	68.6%	49.5%	36.7%
b. No, never	19.7%	21.6%	33.8%	39.8%
c. Once or twice	3.4%	8.0%	14.5%	20.7%
d. Many times	1.8%	1.9%	2.3%	2.8%

20. Have you ever been arrested because of drinking or using drugs?

	Grade 6 *	Grade 8 N=4847	Grade 10 N=3415	Grade 12 N=2322
a. I don't drink or use drugs	*	67.0%	48.3%	36.0%
b. No, never	*	29.5%	47.6%	58.7%
c. Once or twice	*	2.0%	2.9%	4.0%
d. Many times	*	1.5%	1.1%	1.2%

21. Are you aware of someone close to you (those you live with or a friend) who has a drinking or drug problem?

	Grade 6 N=4580	Grade 8 N=4799	Grade 10 N=3368	Grade 12 N=2296
a. Yes, someone I live with	13.0%	11.7%	8.4%	7.7%
b. Yes, a friend	16.3%	32.5%	45.8%	51.0%
c. Yes, both someone I live with and a friend	4.4%	8.2%	10.2%	10.5%
d. No, no one	66.4%	47.7%	35.5%	30.8%

How difficult do you think it would be for you to get each of the following types of drugs?

22. Marijuana or hashish (grass, hash, pot)

	Grade 6 *	Grade 8 N=4798	Grade 10 N=3390	Grade 12 N=2312
a. Probably impossible	*	23.4%	6.5%	4.5%
b. Very difficult	*	16.0%	6.3%	3.5%
c. Fairly difficult	*	19.2%	14.0%	9.0%
d. Fairly easy	*	25.2%	36.2%	36.6%
e. Very easy	*	16.1%	37.0%	46.5%

23. *Cocaine (coke, crack, snow)*

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4778	N=3385	N=2302
a. Probably impossible	*	32.3%	14.7%	10.4%
b. Very difficult	*	22.2%	18.1%	16.5%
c. Fairly difficult	*	21.0%	28.4%	31.2%
d. Fairly easy	*	17.7%	28.7%	31.4%
e. Very easy	*	6.8%	10.1%	10.6%

For questions 24 to 37, students marked how often they used each type of drug by selecting one of the following answers for each question:

Never	Never used in my lifetime
Some	Used at least once in my lifetime
Monthly	Used about once a month (or at least 6 times) in the last 12 months
Weekly	Used about once a week (or at least 3 times) in the last 30 days
Daily	Used about every day (or at least 5 times a week) in the last 30 days

24. Smoking tobacco (cigarettes, cigars, pipes)

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4762	N=4896	N=3423	N=2325
a. Never	88.3%	69.0%	56.3%	47.4%
b. Some	9.5%	20.0%	23.9%	26.5%
c. Monthly	0.9%	3.9%	5.6%	5.8%
d. Weekly	0.6%	2.9%	3.4%	4.8%
e. Daily	0.7%	4.2%	10.8%	15.5%

25. Smokeless tobacco (chew, plug, snuff)

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4759	N=4900	N=3420	N=2327
a. Never	94.5%	86.9%	76.8%	72.1%
b. Some	4.4%	9.4%	13.9%	17.1%
c. Monthly	0.4%	1.4%	2.6%	2.3%
d. Weekly	0.3%	1.2%	2.4%	2.6%
e. Daily	0.3%	1.0%	4.3%	5.9%

26. Beer

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4749	N=4896	N=3421	N=2326
a. Never	77.6%	56.7%	38.2%	26.7%
b. Some	20.9%	33.1%	38.6%	36.3%
c. Monthly	0.8%	6.2%	13.8%	20.0%
d. Weekly	0.7%	2.9%	8.4%	15.8%
e. Daily	0.1%	1.0%	1.0%	1.1%

27. Wine coolers

	Grade 6 N=4752	Grade 8 N=4894	Grade 10 N=3418	Grade 12 N=2327
a. Never	78.9%	56.8%	42.2%	31.7%
b. Some	19.5%	34.4%	40.3%	45.0%
c. Monthly	1.0%	5.8%	12.8%	17.5%
d. Weekly	0.4%	2.4%	4.2%	5.4%
e. Daily	0.2%	0.6%	0.5%	0.4%

28. Wine (other than wine coolers)

	Grade 6 N=4759	Grade 8 N=4890	Grade 10 N=3420	Grade 12 N=2326
a. Never	82.4%	61.8%	48.3%	39.4%
b. Some	16.8%	32.0%	41.5%	47.5%
c. Monthly	0.7%	4.0%	7.3%	10.3%
d. Weekly	0.1%	1.7%	2.5%	2.5%
e. Daily	0.1%	0.3%	0.4%	0.3%

29. Hard liquor (whiskey, gin, vodka, mixed drinks)

	Grade 6 N=4747	Grade 8 N=4898	Grade 10 N=3416	Grade 12 N=2327
a. Never	90.7%	71.3%	47.9%	34.9%
b. Some	8.3%	21.0%	34.7%	39.8%
c. Monthly	0.6%	4.7%	12.2%	18.1%
d. Weekly	0.3%	2.2%	4.4%	6.7%
e. Daily	0.1%	0.7%	0.7%	0.5%

30. Marijuana or hashish (grass, hash, pot)

	Grade 6 N=4755	Grade 8 N=4896	Grade 10 N=3421	Grade 12 N=2325
a. Never	98.1%	90.3%	77.2%	67.1%
b. Some	1.5%	6.0%	13.0%	19.3%
c. Monthly	0.2%	1.9%	5.0%	6.6%
d. Weekly	0.2%	1.3%	3.4%	4.3%
e. Daily	0.1%	0.6%	1.4%	2.7%

31. Cocaine (snow, coke, crack)

	Grade 6 N=4754	Grade 8 N=4897	Grade 10 N=3426	Grade 12 N=2326
a. Never	98.9%	97.4%	96.5%	95.4%
b. Some	0.7%	1.6%	2.6%	3.6%
c. Monthly	0.2%	0.5%	0.3%	0.6%
d. Weekly	0.1%	0.4%	0.4%	0.3%
e. Daily	0.1%	0.2%	0.2%	0.1%

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33. Hallucinogens (angel dust, LSD, acid, microdot, PCP, magic mushrooms)

	Grade 6 N=4741	Grade 8 N=4894	Grade 10 N=3419	Grade 12 N=2327
a. Never	98.8%	94.4%	88.9%	83.2%
b. Some	0.9%	4.0%	7.5%	11.9%
c. Monthly	0.1%	0.8%	2.2%	3.8%
d. Weekly	0.0%	0.5%	1.1%	1.0%
e. Daily	0.1%	0.3%	0.3%	0.1%

34. Inhaled substances to get high (glue, gasoline, paint thinner, spray cans, white-out, snappers, poppers, rus

	Grade 6 N=4747	Grade 8 N=4891	Grade 10 N=3418	Grade 12 N=2325
a. Never	92.3%	82.6%	84.4%	86.9%
b. Some	6.5%	14.0%	13.1%	11.6%
c. Monthly	0.8%	1.9%	1.6%	1.0%
d. Weekly	0.3%	0.8%	0.7%	0.3%
e. Daily	0.2%	0.8%	0.2%	0.1%

35. Drugs purchased from the drugstore to get high (diet pills like Dexatrim, stay awake pills like NoDoz or Vivarin, pep pills, Nyquil or other cough medicines)

	Grade 6 N=4747	Grade 8 N=4894	Grade 10 N=3420	Grade 12 N=2326
a. Never	92.2%	88.9%	81.6%	77.7%
b. Some	6.5%	7.9%	13.7%	18.5%
c. Monthly	0.9%	2.1%	3.1%	2.8%
d. Weekly	0.3%	0.8%	1.0%	0.6%
e. Daily	0.1%	0.3%	0.6%	0.3%

36. Steroids (muscle builders)

	Grade 6 N=4758	Grade 8 N=4895	Grade 10 N=3420	Grade 12 N=2324
a. Never	98.9%	98.1%	97.8%	97.6%
b. Some	0.8%	1.0%	1.4%	1.7%
c. Monthly	0.0%	0.4%	0.4%	0.3%
d. Weekly	0.1%	0.3%	0.2%	0.2%
e. Daily	0.2%	0.2%	0.1%	0.2%

37. Other drugs (methamphetamines, tranquilizers, heroin, uppers, downers)

	Grade 6 N=4750	Grade 8 N=4895	Grade 10 N=3420	Grade 12 N=2326
a. Never	98.6%	95.2%	92.1%	90.5%
b. Some	1.0%	3.4%	6.0%	8.0%
c. Monthly	0.1%	0.7%	1.1%	1.2%
d. Weekly	0.1%	0.5%	0.4%	0.2%
e. Daily	0.2%	0.2%	0.3%	0.1%

How often have you used each of the following drugs in the past 30 days:

38. Cigarettes

	Grade 6 N=4740	Grade 8 N=4882	Grade 10 N=3416	Grade 12 N=2317
a. None	97.2%	89.7%	82.9%	77.7%
b. up to 5 per day	1.9%	7.1%	10.7%	12.2%
c. 1/2 pack per day	0.4%	1.8%	3.6%	5.7%
d. 1 pack per day	0.2%	1.0%	2.0%	3.5%
e. more than 1 pack per day	0.2%	0.4%	0.7%	0.9%

39. Alcohol (beer, wine, wine coolers, hard liquor)

	Grade 6 N=4745	Grade 8 N=4888	Grade 10 N=3421	Grade 12 N=2322
a. None	87.2%	76.0%	60.0%	48.2%
b. 1-2 times	9.7%	15.1%	24.8%	28.8%
c. 3-5 times	1.9%	5.3%	8.9%	12.5%
d. 6-9 times	0.3%	1.5%	3.4%	5.3%
e. 10 or more	0.9%	2.2%	3.0%	5.2%

40. Marijuana or hashish (grass, hash, pot)

	Grade 6 N=4749	Grade 8 N=4893	Grade 10 N=3418	Grade 12 N=2323
a. None	98.7%	93.9%	86.8%	82.7%
b. 1-2 times	0.8%	3.3%	6.6%	8.4%
c. 3-5 times	0.2%	1.3%	3.0%	3.1%
d. 6-9 times	0.1%	0.6%	1.3%	1.5%
e. 10 or more	0.2%	0.9%	2.4%	4.3%

41. Cocaine (coke, crack, snow)

	Grade 6 *	Grade 8 N=4857	Grade 10 N=3417	Grade 12 N=2325
a. None	*	98.0%	97.9%	98.0%
b. 1-2 times	*	1.2%	1.3%	1.3%
c. 3-5 times	*	0.4%	0.4%	0.4%
d. 6-9 times	*	0.2%	0.3%	0.1%
e. 10 or more	*	0.4%	0.2%	0.2%

42. Other illegal drugs (see 32 to 37 above)

	Grade 6 N=4750	Grade 8 N=4889	Grade 10 N=3418	Grade 12 N=2325
a. None	98.6%	95.0%	92.7%	91.8%
b. 1-2 times	1.0%	2.9%	4.3%	5.3%
c. 3-5 times	0.1%	0.9%	1.6%	1.7%
d. 6-9 times	0.1%	0.7%	0.8%	0.6%
e. 10 or more	0.2%	0.6%	0.6%	0.6%

How many of your closest friends use each of the following drugs once a month or more often:

43. Smoke cigarettes

	Grade 6 N=4730	Grade 8 N=4869	Grade 10 N=3415	Grade 12 N=2321
a. None	79.7%	50.6%	34.6%	26.2%
b. A few	14.3%	27.8%	29.3%	29.0%
c. Some	3.3%	12.4%	19.1%	20.6%
d. Most	1.7%	7.4%	14.5%	20.7%
e. All	1.0%	1.8%	2.5%	3.6%

44. Drink alcohol (beer, wine, wine coolers, hard liquor)

	Grade 6 N=4720	Grade 8 N=4864	Grade 10 N=3416	Grade 12 N=2320
a. None	80.4%	48.5%	22.6%	13.6%
b. A few	14.1%	28.2%	29.4%	25.0%
c. Some	3.6%	12.5%	22.2%	22.8%
d. Most	1.5%	9.0%	21.0%	30.0%
e. All	0.4%	1.9%	4.8%	8.6%

45. Smoke marijuana or hashish (grass, hash, pot)

	Grade 6 N=4719	Grade 8 N=4861	Grade 10 N=3410	Grade 12 N=2317
a. None	95.3%	77.0%	52.7%	42.6%
b. A few	3.3%	14.5%	25.1%	27.3%
c. Some	0.6%	4.6%	12.0%	17.1%
d. Most	0.5%	3.0%	8.4%	10.7%
e. All	0.3%	0.9%	1.8%	2.3%

46. Take other illegal drugs

	Grade 6 N=4720	Grade 8 N=4864	Grade 10 N=3407	Grade 12 N=2311
a. None	95.9%	81.5%	65.0%	59.0%
b. A few	2.8%	12.6%	22.2%	26.6%
c. Some	0.8%	3.7%	8.4%	9.5%
d. Most	0.4%	1.4%	3.6%	4.0%
e. All	0.1%	0.8%	0.7%	0.9%

The following questions ask about alcohol, cigarette, and marijuana use.

47. How do you usually get the beer, wine, or liquor you drink?

	Grade 6 N=4707	Grade 8 N=4823	Grade 10 N=3359	Grade 12 N=2300
a. I don't drink	85.8%	65.2%	44.5%	33.2%
b. From home and my parents know	8.3%	10.7%	9.7%	8.3%
c. From home, but my parents don't know	2.4%	5.7%	4.7%	1.9%
d. From friends	3.1%	15.2%	32.9%	41.3%
e. Ask adults to purchase or buy it myself	0.4%	3.2%	8.1%	15.3%

48. How much do you usually drink at one time?

	Grade 6 N=4725	Grade 8 N=4863	Grade 10 N=3404	Grade 12 N=2314
a. I don't drink	84.7%	64.2%	43.4%	33.4%
b. Less than one can or glass of beer, wine, or mixed drink	11.7%	17.2%	11.9%	7.6%
c. One can or glass of beer, wine, or mixed drink	2.0%	7.7%	10.9%	8.6%
d. 2-4 cans or glasses of beer, wine, or mixed drinks	1.0%	6.2%	16.6%	24.0%
e. 5 or more cans or glasses of beer, wine, or mixed drinks	0.5%	4.7%	17.1%	26.4%

49. How old were you when you had your first full drink (a can of beer, a full glass of wine, or a mixed drink)?

	Grade 6 N=4679	Grade 8 N=4848	Grade 10 N=3394	Grade 12 N=2318
a. I have never had a full drink	83.3%	58.7%	34.6%	20.4%
b. 10 or younger	10.6%	14.8%	11.4%	11.1%
c. 11 or 12	5.5%	16.3%	16.2%	14.2%
d. 13 or 14	0.4%	9.6%	25.0%	24.5%
e. 15 or older	0.1%	0.6%	12.8%	29.7%

50. Think back over the last two weeks. How many times have you had five or more drinks in a row? (A drink is a glass of wine, a bottle of beer, a shot glass of liquor, or a mixed drink.)

	Grade 6 N=4728	Grade 8 N=4871	Grade 10 N=3404	Grade 12 N=2323
a. None	95.3%	89.3%	82.1%	72.7%
b. Once	2.9%	5.1%	8.2%	12.1%
c. Twice	1.0%	2.6%	4.5%	6.3%
d. 3 to 5 times	0.5%	1.9%	3.2%	5.8%
e. 6 or more times	0.3%	1.0%	2.0%	3.1%

51. How many drinks does it take for you to get drunk when you drink?

	Grade 6 *	Grade 8 N=4794	Grade 10 N=3396	Grade 12 N=2308
a. I don't get drunk.	*	76.3%	54.5%	39.5%
b. 2 or fewer	*	4.5%	4.5%	5.2%
c. 3 or 4	*	8.1%	14.9%	18.3%
d. 5 or 6	*	5.3%	13.7%	21.6%
e. 7 or more	*	5.8%	12.4%	15.5%

52. Have you ever used drugs and alcohol together?

	Grade 6 *	Grade 8 N=4812	Grade 10 N=3397	Grade 12 N=2298
a. I don't drink or use drugs	*	67.1%	46.8%	33.6%
b. No, never	*	25.4%	35.9%	39.9%
c. Once or twice	*	5.5%	11.5%	16.1%
d. Many times	*	2.1%	5.9%	10.4%

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53. How old were you when you smoked your first cigarette?

	Grade 6 N=4700	Grade 8 N=4851	Grade 10 N=3409	Grade 12 N=2317
a. I have never smoked	84.1%	63.3%	50.4%	41.6%
b. 10 or younger	10.3%	16.4%	15.1%	12.9%
c. 11 or 12	4.8%	13.6%	14.0%	13.8%
d. 13 or 14	0.5%	6.4%	13.5%	14.2%
e. 15 or older	0.2%	0.2%	7.0%	17.5%

54. How do you usually get the cigarettes you smoke?

	Grade 6 *	Grade 8 N=4780	Grade 10 N=3396	Grade 12 N=2309
a. I don't smoke	*	74.4%	65.6%	61.5%
b. From adults	*	5.5%	4.6%	2.1%
c. From friends	*	15.8%	17.0%	10.7%
d. From a vending machine	*	1.4%	1.3%	0.7%
e. From a store	*	2.9%	11.5%	25.0%

55. How old were you when you first tried marijuana?

	Grade 6 *	Grade 8 N=4814	Grade 10 N=3404	Grade 12 N=2316
a. I have never tried marijuana	*	89.0%	74.6%	63.1%
b. 10 or younger	*	2.2%	2.9%	3.2%
c. 11 or 12	*	3.7%	3.9%	4.4%
d. 13 or 14	*	4.7%	9.7%	9.4%
e. 15 or older	*	0.4%	8.9%	19.9%

How much do you think people risk harming themselves if they:

56. Smoke one or more packs of cigarettes a day

	Grade 6 N=4697	Grade 8 N=4858	Grade 10 N=3405	Grade 12 N=2316
a. No risk	9.0%	3.9%	1.9%	0.8%
b. Slight risk	8.2%	8.3%	5.1%	4.3%
c. Moderate risk	24.2%	28.3%	27.7%	23.8%
d. Great risk	41.4%	48.4%	59.3%	67.1%
e. Not sure	17.2%	11.1%	6.0%	4.1%

57. Smoke marijuana occasionally

	Grade 6 N=4702	Grade 8 N=4857	Grade 10 N=3405	Grade 12 N=2314
a. No risk	9.3%	4.8%	4.0%	5.4%
b. Slight risk	6.3%	10.2%	14.4%	20.4%
c. Moderate risk	21.8%	30.8%	36.9%	34.8%
d. Great risk	50.2%	44.4%	39.3%	35.3%
e. Not sure	12.4%	9.8%	5.3%	4.2%

58. Try cocaine once or twice

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4817	N=3404	N=2313
a. No risk	*	4.9%	2.4%	1.9%
b. Slight risk	*	17.3%	13.1%	12.5%
c. Moderate risk	*	25.8%	22.6%	21.4%
d. Great risk	*	41.9%	55.8%	59.4%
e. Not sure	*	10.1%	6.1%	4.8%

59. Have one or two drinks nearly every day

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4811	N=3405	N=2312
a. No risk	*	6.4%	3.4%	3.4%
b. Slight risk	*	18.0%	13.8%	12.3%
c. Moderate risk	*	35.4%	34.4%	33.3%
d. Great risk	*	31.3%	43.1%	47.5%
e. Not sure	*	8.8%	5.3%	3.4%

60. Have five or more drinks once or twice each weekend

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4685	N=4843	N=3394	N=2310
a. No risk	10.3%	5.0%	3.2%	3.5%
b. Slight risk	17.2%	10.2%	10.8%	13.5%
c. Moderate risk	30.5%	31.2%	32.2%	34.2%
d. Great risk	28.5%	43.2%	48.2%	45.1%
e. Not sure	13.5%	10.3%	5.6%	3.8%

61. What is the risk of getting AIDS from injecting drugs with a needle that a someone else has used?

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4694	N=4854	N=3408	N=2310
a. No risk	8.1%	3.1%	1.2%	1.0%
b. Slight risk	2.7%	2.2%	2.0%	1.1%
c. Moderate risk	7.6%	10.2%	9.2%	8.6%
d. Great risk	73.8%	77.6%	82.4%	85.8%
e. Not sure	7.8%	6.8%	5.2%	3.5%

How would your parents feel about your doing each of the following:

62. Smoking marijuana occasionally

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4523	N=3248	N=2182
a. Approve	*	2.3%	1.7%	2.2%
b. Not disapprove	*	2.6%	3.5%	4.4%
c. Disapprove	*	8.5%	11.5%	15.2%
d. Greatly disapprove	*	86.6%	83.3%	78.2%

63. Having one or two drinks nearly every day

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4530	N=3249	N=2187
a. Approve	*	2.5%	1.0%	1.5%
b. Not disapprove	*	3.2%	3.2%	4.5%
c. Disapprove	*	13.6%	15.6%	19.7%
d. Greatly disapprove	*	80.7%	80.2%	74.3%

64. Having five or more drinks once or twice each weekend

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4519	N=3241	N=2194
a. Approve	*	2.5%	1.5%	1.9%
b. Not disapprove	*	3.1%	5.1%	8.5%
c. Disapprove	*	11.1%	14.5%	20.6%
d. Greatly disapprove	*	83.4%	78.9%	69.0%

65. Attending a party in a friend's home where beer, wine, or liquor were available to you

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4529	N=3299	N=2238
a. Approve	*	4.0%	4.5%	7.5%
b. Not disapprove	*	8.8%	16.7%	28.1%
c. Disapprove	*	23.1%	31.7%	32.3%
d. Greatly disapprove	*	64.1%	47.1%	32.1%

The next questions ask about drug education.

66. Where have you learned the most about the dangers of drugs and drinking?

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4618	N=4740	N=3328	N=2288
a. Family or people I live with	26.7%	21.0%	21.4%	22.6%
b. School	62.5%	64.7%	56.0%	48.2%
c. Other kids	2.0%	3.6%	7.1%	9.7%
d. Church or temple	1.3%	1.6%	1.8%	2.2%
e. TV, movies, or newspaper	7.5%	9.0%	13.6%	17.4%

67. At what grade level do you think alcohol and other drug education should begin?

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4641	N=4796	N=3387	N=2303
a. 3rd or earlier	43.7%	41.3%	41.4%	43.4%
b. 4th or 5th	31.0%	40.1%	34.5%	33.0%
c. 6th, 7th, or 8th	11.7%	13.4%	20.8%	20.5%
d. 9th or 10th	3.4%	1.9%	1.6%	2.0%
e. 11th or 12th	10.3%	3.3%	1.6%	1.1%

68. In your school, which of the following people has been most active in trying to help reduce alcohol and other drug use among the students?

	Grade 6 N=4438	Grade 8 N=4685	Grade 10 N=3303	Grade 12 N=2235
a. The principal or assistant principal	18.9%	18.9%	15.4%	13.5%
b. A teacher	30.5%	26.1%	18.2%	22.4%
c. A counselor or nurse	15.4%	18.4%	17.6%	15.5%
d. Another school staff member	9.7%	4.9%	5.9%	6.4%
e. None of these have been very active	25.4%	31.7%	42.9%	42.2%

69. In your opinion, which of the following prevention programs is doing the best job of preventing or helping stop alcohol and other drug use in your school?

	Grade 6 N=4614	Grade 8 N=4701	Grade 10 N=3280	Grade 12 N=2245
a. Here's Looking At You (II or 2000)	4.7%	3.1%	2.0%	0.8%
b. D.A.R.E.	86.8%	66.9%	40.3%	33.8%
c. Natural Helpers or other Peer Assistance	2.2%	6.8%	12.8%	11.7%
d. None of the above are helping, but we have something else that is.	2.2%	6.2%	6.6%	7.6%
e. Nothing is really helping prevent or stop alcohol and other drug use in my school.	4.0%	17.0%	38.2%	46.1%

70. How important does preventing and reducing alcohol and other drug use seem to be to teachers and staff at your school?

	Grade 6 N=4390	Grade 8 N=4648	Grade 10 N=3283	Grade 12 N=2231
a. It is one of the most important goals we have in our school	47.0%	27.2%	13.5%	10.4%
b. It is fairly important, but many other things are a higher priority	34.7%	37.9%	41.5%	40.1%
c. It is mentioned, but doesn't seem to be	13.1%	26.6%	37.0%	40.6%
d. It is not important at all	5.1%	8.3%	8.1%	9.0%

71. Which of the following people, who do not work in your school, have been most active in trying to help reduce alcohol and other drug use among the students?

	Grade 6 N=4420	Grade 8 N=4663	Grade 10 N=3295	Grade 12 N=2239
a. A counselor or health professional	9.4%	10.2%	8.3%	8.4%
b. A police officer	54.1%	35.6%	25.7%	24.2%
c. A minister, priest or some religious leader	3.6%	6.4%	8.5%	7.0%
d. Someone else from outside the school	17.6%	20.6%	22.9%	21.8%
e. No one from outside the school has gotten very involved in this	15.4%	27.2%	34.7%	38.7%

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72. Who would you go to first if you wanted to talk about a problem related to alcohol or other drug use in yourself or a friend?

	Grade 6 N=4542	Grade 8 N=4718	Grade 10 N=3353	Grade 12 N=2282
a. A teacher or counselor	21.9%	19.5%	11.0%	10.0%
b. Another student	14.0%	29.2%	35.7%	36.6%
c. Someone in my family	50.1%	32.0%	28.2%	24.4%
d. Someone other than those mentioned	7.5%	11.7%	17.4%	22.0%
e. No one, I would keep it to myself	6.5%	7.7%	7.7%	7.0%

73. Which of the following do you think is most important in helping to reduce alcohol and other drug use in your school among students your age?

	Grade 6 N=4330	Grade 8 N=4622	Grade 10 N=3308	Grade 12 N=2244
a. Class presentations on types of drugs and their effects on people.	28.5%	22.5%	13.2%	11.8%
b. Having someone at school who can listen to and help students who are using alcohol or other drugs.	25.2%	22.6%	16.7%	16.2%
c. Bringing people in from outside of school to talk about the problems of alcohol or other drug use.	23.5%	25.9%	27.1%	24.7%
d. Groups of students working together to persuade other students not to use alcohol or other drugs.	12.4%	14.3%	22.2%	23.6%
e. None of the above can really help reduce alcohol or other drug use.	10.3%	14.7%	20.7%	23.7%

If you or a friend had a problem with alcohol or other drugs, does your school provide:

74. A counselor or other school staff to discuss the problem.

	Grade 6 N=4509	Grade 8 N=4673	Grade 10 N=3328	Grade 12 N=2266
a. Yes	57.0%	72.4%	71.4%	73.4%
b. No	8.7%	6.9%	4.7%	6.4%
c. I'm not sure	34.2%	20.8%	23.9%	20.3%

75. A support group (or rap group) of students with similar concerns

	Grade 6 N=4419	Grade 8 N=4645	Grade 10 N=3313	Grade 12 N=2249
a. Yes	18.9%	24.9%	32.1%	36.2%
b. No	30.2%	34.2%	22.4%	26.9%
c. I'm not sure	50.9%	40.9%	45.5%	36.9%

76. Students to talk to who have been trained to assist students with problems and to refer them to help. These may be called Peer Assistants, Peer Counselors, Natural Helpers, Peer Helpers, or Peer Listeners.

	Grade 6 N=4383	Grade 8 N=4632	Grade 10 N=3305	Grade 12 N=2255
a. Yes	21.8%	34.9%	53.8%	57.5%
b. No	26.3%	28.8%	14.8%	17.6%
c. I'm not sure	51.9%	36.2%	31.4%	25.0%

The next questions ask about the effects of media advertising on alcohol use.

77. Whom do you think beer, wine and alcohol advertising is primarily aimed at?

	Grade 6 *	Grade 8 N=4635	Grade 10 N=3343	Grade 12 N=2278
a. Primarily at adults	*	20.4%	17.9%	19.4%
b. Primarily at teens and adolescents	*	31.5%	24.1%	22.7%
c. Both adults and adolescents to the same	*	35.7%	46.1%	48.9%
d. No one in particular	*	12.3%	11.8%	9.0%

78. Do you think beer, wine and alcohol advertising influences young people to drink?

	Grade 6 *	Grade 8 N=4453	Grade 10 N=3255	Grade 12 N=2230
a. Yes, more young people drink because of the way alcohol is advertised	*	76.3%	69.6%	67.7%
b. No, the advertising has no effect on how many young people drink	*	23.7%	30.4%	32.3%

79. Where do you notice most of the beer, wine and alcohol advertising?

	Grade 6 *	Grade 8 N=4588	Grade 10 N=3304	Grade 12 N=2250
a. On TV	*	72.4%	72.5%	74.0%
b. On the radio	*	3.1%	2.6%	1.8%
c. In print (magazines, newspapers, etc.)	*	14.8%	15.4%	14.4%
d. On billboards, buildings, and signs	*	9.7%	9.5%	9.8%

80. Does beer, wine and alcohol advertising make it look more attractive to drink than it actually is?

	Grade 6 *	Grade 8 N=4528	Grade 10 N=3292	Grade 12 N=2246
a. Yes, a lot more attractive	*	52.6%	50.2%	48.4%
b. Yes, in some cases, but not all	*	32.5%	35.8%	37.5%
c. No, it doesn't make drinking look more attractive	*	14.9%	14.0%	14.1%

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81. If you were going to try to reduce the amount of alcohol and other drug use among young people your age, which one of the following do you think is most important to do?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=4526	N=3292	N=2234
a. More school programs encouraging students not to use alcohol or other drugs.	*	24.8%	16.5%	13.7%
b. Reducing or eliminating alcohol advertising on radio and TV.	*	27.0%	17.7%	15.1%
c. Stiffer penalties and stronger enforcement for kids caught using alcohol or other drugs.	*	17.8%	25.9%	25.0%
d. More community activities giving kids other things to do besides using alcohol or other drugs.	*	18.9%	24.8%	31.5%
e. None of the above will help reduce alcohol and other drug use among young people my age.	*	11.5%	15.1%	14.7%

The next questions ask about medical care.

82. My family has health/medical insurance.

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4373	N=4583	N=3310	N=2250
a. Yes	71.8%	79.4%	85.9%	88.0%
b. No	4.0%	5.5%	6.3%	7.9%
c. Don't know	24.2%	15.1%	7.8%	4.1%

83. How does your family pay for medical (doctor, dentist, etc.) care?

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4345	N=4555	N=3318	N=2245
a. Health insurance	37.2%	49.7%	62.3%	73.2%
b. Medical Assistance	6.4%	8.6%	8.2%	7.3%
c. We have no coverage	4.3%	4.1%	5.1%	5.7%
d. Don't know	52.1%	37.5%	24.4%	13.8%

84. Is there one place where you usually go for medical care?

	Grade 6	Grade 8	Grade 10	Grade 12
	N=4396	N=4585	N=3327	N=2259
a. No one usual place	12.5%	12.4%	11.5%	9.2%
b. Doctor's office	56.1%	58.9%	65.4%	66.0%
c. Hospital, public health or community	20.5%	18.3%	15.4%	18.4%
d. Hospital emergency room	5.6%	5.5%	4.1%	3.3%
e. Other	5.3%	4.9%	3.5%	3.1%

85. When did you last see a doctor for a check-up (regular physical exam)?

	Grade 6 N=4426	Grade 8 N=4607	Grade 10 N=3344	Grade 12 N=2263
a. Within the last year	57.8%	64.4%	69.5%	65.8%
b. 1 to 2 years ago	9.5%	12.5%	14.1%	15.8%
c. Over 2 years ago	3.4%	4.8%	5.5%	8.0%
d. I don't remember	26.8%	15.6%	9.2%	8.9%
e. Never	2.5%	2.7%	1.8%	1.5%

86. When did you last see a dentist (not for braces)?

	Grade 6 N=4447	Grade 8 N=4618	Grade 10 N=3341	Grade 12 N=2266
a. Within the last 6 months	55.5%	55.7%	56.3%	49.1%
b. Within the last year	18.1%	19.3%	20.9%	24.5%
c. 1 to 2 years ago	8.1%	11.0%	12.5%	15.0%
d. I don't remember	14.8%	11.5%	8.8%	9.7%
e. Never	3.5%	2.5%	1.6%	1.7%

The following questions deal with safety.

87. During the past 30 days, how many times have you been in a car, truck or on a motorcycle driven by someone who has been drinking alcohol or using drugs?

	Grade 6 N=4466	Grade 8 N=4606	Grade 10 N=3336	Grade 12 N=2266
a. None	81.4%	77.5%	71.2%	64.7%
b. 1 time	6.9%	9.8%	13.0%	14.8%
c. 2 or 3 times	4.4%	6.5%	9.4%	11.9%
d. 4 or 5 times	2.0%	2.3%	2.2%	3.6%
e. 6 or more times	5.3%	3.8%	4.2%	4.9%

88. During the past 30 days, how many times did you drive a car, truck or motorcycle while or after drinking alcohol or using drugs?

	Grade 6 *	Grade 8 N=4570	Grade 10 N=3337	Grade 12 N=2270
a. None	*	90.4%	90.0%	78.6%
b. 1 time	*	3.7%	4.6%	10.7%
c. 2 or 3 times	*	3.0%	2.7%	6.1%
d. 4 or 5 times	*	1.3%	1.2%	2.0%
e. 6 or more times	*	1.6%	1.6%	2.5%

89. How often do you wear a seat belt when riding in a car or truck driven by someone else?

	Grade 6 N=4464	Grade 8 N=4603	Grade 10 N=3341	Grade 12 N=2267
a. Never	5.6%	8.1%	5.2%	5.7%
b. Rarely	6.3%	9.4%	8.7%	8.9%
c. Sometimes	10.0%	12.4%	10.3%	11.2%
d. Most of the time	26.8%	29.2%	30.9%	25.9%
e. Always	51.3%	40.9%	44.9%	48.3%

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90. When you rode a bicycle during the past 12 months, how often did you wear a helmet?

	Grade 6 N=4462	Grade 8 N=4593	Grade 10 N=3336	Grade 12 N=2267
a. Did not ride bicycle in past year	12.1%	19.1%	32.7%	46.6%
b. Never	44.5%	57.3%	52.2%	41.7%
c. Sometimes	14.5%	9.6%	6.0%	4.0%
d. Most of the time	11.2%	7.1%	4.5%	3.2%
e. Always	17.7%	7.0%	4.6%	4.5%

91. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?

	Grade 6 *	Grade 8 N=4569	Grade 10 N=3335	Grade 12 N=2265
a. Did not ride a motorcycle in past year	*	63.5%	66.0%	66.8%
b. Never	*	9.8%	9.3%	7.0%
c. Sometimes	*	4.0%	3.7%	2.6%
d. Most of the time	*	4.6%	3.7%	4.0%
e. Always	*	18.1%	17.3%	19.6%

92. During the past 12 months, when you went swimming in places such as a pool, lake or ocean, how often was an adult or a lifeguard watching you?

	Grade 6 N=4451	Grade 8 N=4578	Grade 10 N=3328	Grade 12 N=2258
a. Did not go swimming in past year	6.5%	8.1%	8.1%	10.5%
b. Never	6.1%	11.5%	20.0%	31.4%
c. Sometimes	14.1%	27.7%	34.6%	33.7%
d. Most of the time	23.7%	27.4%	21.3%	14.3%
e. Always	49.5%	25.4%	16.0%	10.1%

93. During the past 30 days, how many times have you carried a weapon, such as a gun, knife or club, for self-protection or because you thought you might need it in a fight?

	Grade 6 N=4425	Grade 8 N=4579	Grade 10 N=3325	Grade 12 N=2263
a. None	83.4%	76.4%	77.8%	79.8%
b. 1 time	6.9%	8.6%	7.5%	6.2%
c. 2 or 3 times	3.7%	6.3%	5.6%	4.7%
d. 4 or 5 times	1.6%	2.1%	1.7%	1.5%
e. 5 or more times	4.4%	6.6%	7.4%	7.8%

94. Have you ever carried a weapon to school?

	Grade 6 N=4318	Grade 8 N=4452	Grade 10 N=3260	Grade 12 N=2239
a. Yes	15.2%	24.0%	23.9%	23.4%
b. No	84.8%	76.0%	76.1%	76.6%

95. What kind of weapon did you usually carry? Choose the one best answer.

	Grade 6 N=4385	Grade 8 N=4544	Grade 10 N=3292	Grade 12 N=2256
a. Did not carry weapon	80.8%	71.8%	72.8%	73.6%
b. Handgun	2.8%	5.8%	4.6%	4.0%
c. Rifle or shotgun	2.3%	2.9%	2.4%	2.0%
d. Knife or razor	10.4%	15.3%	15.5%	13.9%
e. Club, stick, bat, pipe, or some other	3.8%	4.3%	4.6%	6.5%

96. During the past 12 months, how many times have you been in a physical fight in which you or the person you were fighting were injured and had to be treated by a doctor or a nurse?

	Grade 6 N=4429	Grade 8 N=4551	Grade 10 N=3317	Grade 12 N=2261
a. None	84.4%	81.2%	84.4%	87.0%
b. 1 time	8.7%	9.1%	7.8%	6.1%
c. 2 or 3 times	3.4%	5.5%	4.3%	3.9%
d. 4 or 5 times	1.2%	1.7%	1.4%	1.5%
e. 6 or more times	2.3%	2.4%	2.1%	1.5%

97. Who did you fight with the last time you were in a physical fight?

	Grade 6 N=4367	Grade 8 N=4546	Grade 10 N=3309	Grade 12 N=2255
a. Have not been in a fight	62.5%	58.2%	58.8%	62.1%
b. A stranger	6.9%	10.3%	11.4%	11.9%
c. A friend or someone I know	21.1%	21.6%	19.1%	16.3%
d. A boyfriend, girlfriend, or date	1.7%	1.9%	2.2%	2.4%
e. A family member	7.8%	7.9%	8.5%	7.3%

The following questions deal with your diet and weight.

98. Do you think of yourself as:

	Grade 6 N=4331	Grade 8 N=4487	Grade 10 N=3285	Grade 12 N=2249
a. Too thin (underweight)	10.5%	11.2%	10.2%	10.5%
b. About the right weight	71.6%	63.0%	61.1%	62.2%
c. Too fat (overweight)	17.9%	25.8%	28.7%	27.3%

99. Which of the following are you trying to do about your weight?

	Grade 6 N=4331	Grade 8 N=4499	Grade 10 N=3299	Grade 12 N=2246
a. Not trying to do anything about my weight	45.2%	34.6%	30.7%	30.4%
b. Trying to lose weight	24.8%	31.4%	35.0%	32.9%
c. Trying to keep from gaining any more	21.9%	22.6%	20.4%	22.0%
d. Trying to gain more weight	8.2%	11.5%	13.8%	14.6%

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100. Think about all the meals and snacks you ate yesterday. How many servings of green or yellow vegetables (salad, corn, carrots, green beans, etc.) or fruit (glass of fruit juice, apple, orange, etc.) did you have yesterday?

	Grade 6 N=4312	Grade 8 N=4485	Grade 10 N=3283	Grade 12 N=2238
a. Did not eat vegetables or fruit yesterday	16.6%	16.6%	18.3%	20.3%
b. 1 or 2 servings	43.6%	45.4%	45.7%	48.0%
c. 3 or 4 servings	27.1%	27.2%	27.0%	24.6%
d. 5 or 6 servings	6.7%	6.9%	6.5%	5.0%
e. 7 or more servings	5.9%	3.9%	2.5%	2.1%

The following questions ask about physical activity and exercise.

101. On how many of the past 7 days have you done at least 20 minutes of hard exercise that made you breathe heavily and made your heart beat fast? (For example, playing basketball, jogging, fast dancing or fast bicycling)

	Grade 6 N=4337	Grade 8 N=4387	Grade 10 N=3277	Grade 12 N=2225
a. None	14.3%	13.0%	16.2%	23.1%
b. 1 day	15.2%	12.9%	11.8%	16.3%
c. 2 or 3 days	28.6%	26.8%	23.3%	22.9%
d. 4 or 5 days	16.8%	22.2%	22.9%	19.6%
e. 6 or 7 days	25.1%	25.1%	25.8%	18.1%

102. During the past 14 days, on an average school day, how many hours a day did you watch television, or videos, or play computer games before or after school?

	Grade 6 N=4321	Grade 8 N=4371	Grade 10 N=3260	Grade 12 N=2218
a. None	12.2%	8.4%	8.6%	7.3%
b. 1 hour or less per day	24.9%	22.2%	26.1%	31.8%
c. More than 1 but less than 3 hours per day	34.7%	39.4%	38.9%	39.7%
d. Between 3 and 5 hours per day	16.8%	21.2%	19.3%	15.5%
e. More than 5 hours per day	11.4%	8.9%	7.1%	5.8%

The next questions ask about HIV/AIDS education.

103. Do you know where to get useful information about AIDS/HIV infection?

	Grade 6 N=4298	Grade 8 N=4133	Grade 10 N=3224	Grade 12 N=2197
a. Yes	66.9%	75.9%	80.6%	85.8%
b. No	14.6%	9.6%	7.1%	5.0%
c. Not sure	18.5%	14.5%	12.3%	9.2%

104. Have you ever talked about AIDS/HIV infection with your parents or other adults in your family?

	Grade 6 N=4284	Grade 8 N=4132	Grade 10 N=3229	Grade 12 N=2206
a. Yes	63.0%	59.1%	66.0%	65.7%
b. No	29.6%	33.8%	29.0%	29.9%
c. Not sure	7.4%	7.1%	5.0%	4.4%

105. At what grade level do you think students should begin education about sexually transmitted diseases?

	Grade 6 N=4292	Grade 8 N=4164	Grade 10 N=3243	Grade 12 N=2206
a. 3rd grade or earlier	18.3%	18.5%	21.1%	22.1%
b. 4th or 5th grade	51.0%	47.8%	38.2%	37.6%
c. 6th, 7th, or 8th grade	24.5%	30.9%	37.4%	37.2%
d. 9th or 10th grade	3.0%	1.6%	2.5%	2.4%
e. 11th or 12th grade	3.2%	1.3%	0.9%	0.6%

106. How honestly did you answer this survey?

	Grade 6 N=4190	Grade 8 N=4099	Grade 10 N=3215	Grade 12 N=2200
a. Very honestly	90.0%	89.7%	94.4%	95.4%
b. Somewhat honestly	10.0%	10.3%	5.6%	4.6%
c. Dishonestly	0.0%	0.0%	0.0%	0.0%

107. Have you ever had any kind of sexual experience with a male or female?

	Grade 6 *	Grade 8 N=2796	Grade 10 N=2607	Grade 12 N=1787
a. No	*	57.2%	35.0%	21.7%
b. Yes, with a male	*	19.2%	34.9%	40.4%
c. Yes, with a female	*	21.4%	27.9%	34.4%
d. Both male and female	*	2.2%	2.1%	3.5%

108. Have you ever been physically abused or mistreated by an adult?

	Grade 6 *	Grade 8 N=2752	Grade 10 N=2582	Grade 12 N=1767
a. Yes	*	16.4%	18.6%	19.4%
b. No	*	83.6%	81.4%	80.6%

109. Have you ever been sexually abused? (Sexual abuse is when someone in your family or someone else touches you in a sexual way in a place you did not want to be touched, or does something to you sexually which they shouldn't have done.)

	Grade 6 *	Grade 8 N=2709	Grade 10 N=2565	Grade 12 N=1766
a. Yes	*	12.8%	16.7%	18.3%
b. No	*	87.2%	83.3%	81.7%

110. Have you ever had sexual intercourse (gone all the way)?

	Grade 6 *	Grade 8 N=2690	Grade 10 N=2564	Grade 12 N=1763
a. Yes	*	23.2%	42.4%	59.9%
b. No	*	76.8%	57.6%	40.1%

111. With how many people have you had sexual intercourse in your life?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=2729	N=2594	N=1770
a. Have never had sexual intercourse	*	76.9%	59.1%	40.8%
b. 1 person	*	10.7%	16.8%	21.0%
c. 2 or 3 people	*	6.0%	13.0%	18.5%
d. 4 or 5 people	*	2.5%	4.7%	9.6%
e. 6 or more people	*	4.0%	6.4%	10.1%

112. How old were you the first time you had sexual intercourse?

	*	N=2699	N=2580	N=1767
a. Have never had sexual intercourse	*	76.4%	58.1%	39.1%
b. 12 years old or younger	*	12.9%	7.3%	6.3%
c. 13 or 14 years old	*	9.8%	17.2%	14.1%
d. 15 or 16 years old	*	0.8%	16.4%	28.8%
e. 17 years old or older	*	0.2%	1.0%	11.7%

113. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=2688	N=2561	N=1753
a. Have never had sexual intercourse	*	74.4%	57.0%	38.2%
b. Yes	*	5.9%	10.8%	14.4%
c. No	*	19.6%	32.3%	47.4%

114. The last time you had sexual intercourse, what method did you or your partner use to prevent pregnancy?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=2679	N=2563	N=1735
a. Have never had sexual intercourse	*	77.5%	58.3%	39.7%
b. No method was used	*	6.7%	8.9%	10.7%
c. Birth control pills	*	1.9%	5.6%	15.7%
d. Condoms	*	12.9%	23.4%	28.1%
e. Withdrawal or some other method	*	0.9%	3.8%	5.8%

115. How many times have you been pregnant or gotten someone pregnant?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=2682	N=2581	N=1763
a. Have never been pregnant or gotten	*	93.8%	91.2%	88.3%
b. 1 time	*	2.6%	4.4%	8.1%
c. 2 or more times	*	1.7%	1.9%	1.7%
d. Not sure	*	1.9%	2.5%	1.9%

116. The last time you had sexual intercourse, did you or your partner use a condom to prevent sexually transmitted diseases (VD) such as genital herpes, genital warts, gonorrhea, clap, drip, chlamydia or AIDS/HIV infection?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=2664	N=2553	N=1748
a. Have never had sexual intercourse	*	77.5%	59.7%	41.2%
b. Yes	*	13.6%	24.7%	29.4%
c. No	*	8.9%	15.6%	29.3%

Sometimes people feel so depressed and hopeless about the future that they may consider attempting suicide, that is, taking some action to end their own life.

117. During the past 12 months, have you ever seriously thought about attempting suicide?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=2693	N=2511	N=1734
a. Yes	*	19.8%	23.9%	18.9%
b. No	*	80.2%	76.1%	81.1%

118. During the past 12 months, did you make a specific plan about how you would attempt suicide?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=2714	N=2510	N=1734
a. Yes	*	11.8%	14.2%	12.1%
b. No	*	88.2%	85.8%	87.9%

119. During the past 12 months, how many times did you actually make a suicide attempt?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=2710	N=2534	N=1746
a. None	*	89.1%	86.9%	90.7%
b. 1 time	*	7.4%	9.0%	6.8%
c. 2 or 3 times	*	2.1%	2.4%	1.7%
d. 4 or 5 times	*	0.7%	0.9%	0.3%
e. 6 or more times	*	0.6%	0.8%	0.5%

120. If you attempted suicide during the past 12 months, did that attempt result in an injury, poisoning or overdose that had to be treated by a doctor or a nurse?

	Grade 6	Grade 8	Grade 10	Grade 12
	*	N=2656	N=2487	N=1709
a. Did not attempt suicide	*	85.5%	83.0%	85.2%
b. Yes	*	5.3%	6.6%	5.4%
c. No	*	9.2%	10.4%	9.4%

Appendix B

Development of Special Scales

Since the survey asks students to indicate the frequency with which they engage in many behaviors, it is difficult at times to determine the severity of problems just from the frequency of responses to individual items. Are the same few students engaging in many behaviors which indicate a health risk or are different students engaging in these behaviors? To facilitate interpretation, three summary scales were developed that combine the data from several items. These scales have been reported in Deck and Nickel, 1989; Gabriel, 1991; and Einspruch and Pollard, 1993.

Drug Use Scale. The Drug Use Scale is based on the type of drug used, the frequency of use, and the use of multiple drugs. Experimentation with marijuana is usually considered less harmful than experimentation with more powerful and addictive drugs like cocaine and heroin. Of course, frequent use of marijuana is also very harmful. Tobacco, steroids, and over-the-counter drugs were not considered in computing the scale. Alcohol use was treated separately in an Alcohol Use Scale.

The four levels of drug use were defined as follows:

1. **No use**. Student has never tried drugs in his or her lifetime.

2. **Low use**. Student has tried at least one drug but is not a frequent user and may not be currently using any drug. This may be considered experimental use.

3. **Moderate use**. Student is using one or more drugs more regularly (e.g., monthly or weekly use of marijuana) or is experimenting with very addictive drugs like cocaine or opiates.

4. **High use**. The student uses drugs frequently and risk of addiction is very high. Typically this implies daily use of marijuana or use of cocaine at least monthly. The level is defined by one or more of the following: a) daily use of marijuana, depressants, stimulants, tranquilizers, or inhalants; b) monthly or more frequent use of cocaine, opiates, or hallucinogens; or c) weekly use of two or more drugs.

Alcohol Use Scale. The Alcohol Use Scale is based on both the quantity and frequency of alcohol consumption. This scale follows the concept used by others in rating drinking habits of adults (Jessor & Jessor, 1978), but modified for adolescents. The four levels of alcohol use were defined as follows:

1. **No use**. Student has not tried beer, wine, wine coolers, or hard liquor in his or her lifetime.

2. **Low use**. Student has tried alcohol but is either an infrequent user or is no longer using alcohol.

3. **Moderate use**. Student drinks alcohol at least monthly or binge drinks (five or more drinks consumed at one time) occasionally.

4. **High use**. Student drinks daily or binge drinks at least monthly. The risks of alcoholism, accidents due to drunk driving, or other problems are high.

These cutoff points may be considered by some as too conservative, i.e., labeling students heavy users when others might consider that drinking moderate. However, the research literature suggests that drinking has more damaging effects on adolescents. Regular use during this time of rapid physiological, social, and emotional development is considered by many to be particularly dangerous (Hawley, 1984).